

Vault

- straddle over boulder, hold landing for 3 secs AND
- dive roll from trampette onto 2 thick mats

B



Bars

- climb to squat on
- stand, reach high bar
- jump to front support
- circle down to chin up in pike
- 3 dish to arch swings
- release on back swing to land



with links and/or dance

- 2 consecutive cartwheels
- handstand forward roll
- backward roll to front support





without widener

- squat on
- tuck jump
- arabesque to hold for 3 seconds
- forward roll
- round off dismount/roll down wedge

