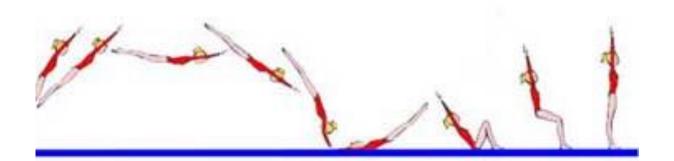


Vault

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







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







Floor

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





