



Western Districts Gymnastics – Develop Program

Lead 5 Routines

Vault

Handspring flat back to 2 mats
Pike handstand on box

Bars

From dish, glide swing
Pullover
Cast, back hip circle
Under swing to back on crash mat
3x tap swings on high bar

Beam

Jump to front support, lift leg over to straddle sit, lift to clear straddle, swing to squat
2x forward kicks, 2x backward kicks
Straight jump, straight jump
L handstand
Passé half turn, relevé half turn
2-3 steps, punch straight jump dismount

Floor

Cartwheel, cartwheel step in
Split jump
Backward roll to squat
Bridge kickover
Handstand forward roll
2x forward kicks, 2x step hops, 2x springs steps on each leg