



Western Districts Gymnastics – Develop Program

Mini Gym Routines

Vault

From box, step down to air board, rebound straight jump to motorbike landing on mat	<ul style="list-style-type: none">- Arms coming through underarm- Pushing through knees legs and feet- Tight body throughout
Angry cat, jump to front support, turn over to rear support, L sit, pike stretch, candle and stand	<ul style="list-style-type: none">- Must show all positions but no requirement to hold- Body should remain tight even in between shapes
Drop to stick motorbike landing off 60cm	<ul style="list-style-type: none">- Feet slightly apart- Knees bent straight (not bending to side)- Good posture

Bars

Starting in dish, 2x bent knee swings	<ul style="list-style-type: none">- Use box to start, landing on box or floor- Must regrip- Ideal model has open hips and shows tap shapes
Jump from box to front support on bar	<ul style="list-style-type: none">- Any box height allowed- Straight arms- MUST finish in a shrugged position
2x casts (hips off bar)	<ul style="list-style-type: none">- No banana shape- Shoulders forward- Straight arms
Forward roll to hang or back to box, hang and show 2sec tuck hold	<ul style="list-style-type: none">- May be assisted- Straight arms- Slow and controlled

Beam

Jump to front support, lift leg over to straddle sit, swing to one knee and stand	<ul style="list-style-type: none">- Straight legs- Front support not piked
4x step, point, hold	<ul style="list-style-type: none">- Arms on hips- Straight legs- Keeps weight on support leg during point
4x passé steps	<ul style="list-style-type: none">- Straight support leg- Forward only required
Turn to face sideways, straight jump dismount to land in motorbike	<ul style="list-style-type: none">- Starts with toes on the beam- Jumps above beam height- Controlled motorbike landing

Floor

Forward roll down wedge	<ul style="list-style-type: none">- Starting on wedge allowed- Hands turned in, straight arms
Backward roll to feet down second wedge	<ul style="list-style-type: none">- Hands turned in, straight arms- Landing in squat
Bunny hop or scorpion kick	<ul style="list-style-type: none">- Takes support on hands- Scorpion kick to land on one leg- Bunny hop to land on two feet
Straight jump, rebound straight jump	<ul style="list-style-type: none">- Swings arms- Points toes in air- Motorbike landing to finish