



Western Districts Gymnastics – Excel Program

Thrive Routines

Vault

Run, handspring to flat back landing onto 60cm mats	<ul style="list-style-type: none">- Must show tight handstand position- Minimal pike- Landing simultaneously
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Floor

Forward Contraction	<ul style="list-style-type: none">- Show body roll
Forward entry cartwheel, cartwheel ¼ turn to step in	<ul style="list-style-type: none">- Must be connected- Must finish in step in position
Split jump (90°)	<ul style="list-style-type: none">- Straight legs- Good body posture
Backward roll	<ul style="list-style-type: none">- Straight arms- No knees on ground
Bridge Kickover	<ul style="list-style-type: none">- Show Bridge Position- Straight legs- Finish in lunge
Handstand forward roll	<ul style="list-style-type: none">- Show handstand position- Pass through candle position- Roll with straight arms
2 x Step kicks	<ul style="list-style-type: none">- Good posture through out- Must show full point through ankle
2 x Step hops	<ul style="list-style-type: none">- Good posture through out- Must show full point through ankle
2 Spring steps on each leg	<ul style="list-style-type: none">- Good posture through out- Must show full point through ankle
Passé ½ turn, Releve ½ turn	<ul style="list-style-type: none">- Turn on releve- Good body posture- Correct finish position

Beam

Jump to front support, lift leg over to straddle sit, lift to mark clear straddle position, back to straddle sit, swing legs back to squat	<ul style="list-style-type: none"> - Straight legs - Hold straddle position with toes above beam for 3 sec - Toes above beam
2 x forwards kicks	<ul style="list-style-type: none"> - Tight Legs - Kick to horizontal - Series connected
2 x backwards kicks	<ul style="list-style-type: none"> - Tight Legs - Kick to horizontal - Series connected
2 x straight jump in series	<ul style="list-style-type: none"> - Must show lift off beam series connected
Forward entry kick to 'L' handstand, step out to lunge.	<ul style="list-style-type: none"> - Starts with toes on the beam - Jumps above beam height - Controlled motorbike landing
Passé ½ turn on 1 foot & ½ turn on 2 feet, releve hold	<ul style="list-style-type: none"> - Must turn in releve - No major errors - Good posture
2-3 steps, punch jump dismount from end of beam	<ul style="list-style-type: none"> - 2 foot take off with arms up - Landing with no major errors

Bars

From dish hold, glide swing	<ul style="list-style-type: none"> - Stay dished - Feet must not touch the floor - Legs straight with no pull on bar
Pullover to front support	<ul style="list-style-type: none"> - Legs tight - Finish in Support
Cast, toes to bar height	<ul style="list-style-type: none"> - Show Shrug position - Tight shape in cast
Back hip circle	<ul style="list-style-type: none"> - Minimal pike around bar
Underswing dismount from hips OR feet (toe shoot)	<ul style="list-style-type: none"> - Must not pike - No major errors on landing
3 long hang swings to release at back of the 3 rd swing	<ul style="list-style-type: none"> - Clear dish, arch shapes - Minimal pike - Full hang on bar