

# GYM FIT - VAULT

## Skill from trampoline to pit

Front sault/pike/layout

Back sault/pike/layout

Front handspring

Back handspring

Round off

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## 60cm box, mini tramp, 1 crash mat

Straight/tuck/star jump

Dive roll

Front handspring

Front sault



# GYM FIT - BARS

## Mount

Pullover

Kickover

Jump from box to support

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## Cast, toes to bar height

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## Circle skill

Back hip circle

Forward hip circle

Tip around with coach

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## Dismount

Toe shoot

Underswing

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## Bar change

Jump from box to high bar

Step on, jump to high bar

Stoop on, jump to high bar



# GYM FIT - BEAM

## Optional mount

Straight jump  
Lift leg over to straddle sit

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## Turn - minimum 180°

Relevé turn (two feet)  
Passé turn (one foot)  
Squat relevé turn

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## 2x jumps (must be different)

Straight jump  
Tuck jump  
Split jump  
Changement jump/switch feet

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## Acrobatic element

Bunny hop  
Scorpion kick  
L handstand  
Handstand  
Cartwheel  
Fwd roll

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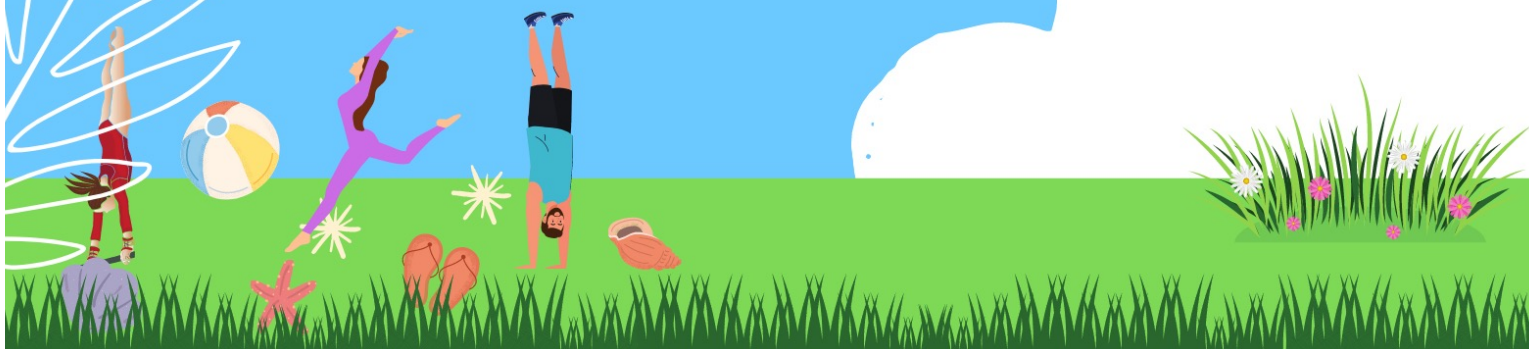
## Element or pose close to beam

(as if leotard would have touched the beam if you were wearing one)

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## Dismount

Straight jump  
Round off off end of beam



# GYM FIT - FLOOR

**Two connected acrobatic elements (may be the same element repeated)**

Fwd roll/bwd roll  
Handstand/handstand fwd roll  
Cartwheel/round off/front sault  
Back handspring/front handspring/back sault  
Bridge kickover/walkover

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**Turn (minimum 180°)**

Full/half turn on one foot  
Wolf turn  
Jump full turn  
Leg up turn

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**2x leaps or jumps in series (in a row)**

Split leap/leap over  
Straight jump/star jump/split jump/Stag jump  
Jump full turn

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**Acro element (different to above acro elements)**

Suggestions above

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**Roll**

Fwd roll/handstand fwd roll  
Bwd roll/bwd roll to front support or handstand  
Angel roll  
Dive roll

