

GYM FUN - VAULT

From box, step down to mini trampoline, rebound straight jump to motorbike landing on mat

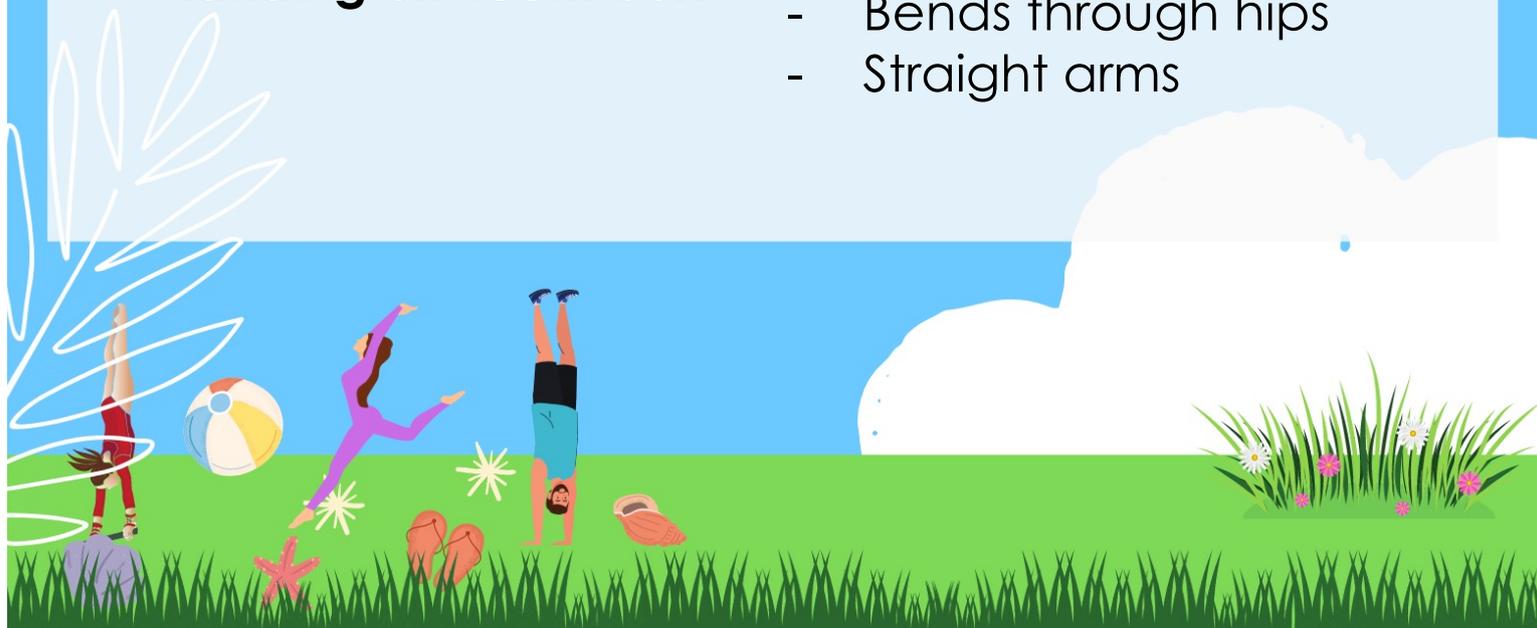
- Straight, tight body
- Correct motorbike

**Angry cat
Jump to front support
Jump to squat
Roll back to candle
(arms up)
Stand**

- Must show all positions but no requirement to hold
- Body should remain tight even in between shapes

Drop to stick motorbike landing off 40cm box

- Feet slightly apart
- Knees bent straight (not bending to side)
- Bends through hips
- Straight arms



GYM FUN - BARS

Starting in dish, 2x bent knee swings, finishing in dish

Coach must spot wrist

- Use box to start, landing on box or floor
- Must regrip
- Ideal model has open hips and shows tap shapes

Jump from box to 5sec support hold on bar (coach to count)

- Any box height allowed
- Straight arms

2x casts (hips off bar)

- No banana shape
- Shoulders forward
- Straight arms

Roll forward stopping with hips on the bar, coach spotted lower

- Straight arms and legs
- Slow and controlled

On high bar, monkey across land in motorbike in hoop

- Legs together
- Hold motorbike for 3



GYM FUN - BEAM

From box, lift leg over to straddle sit, feet behind, squat and stand

- Straight legs in straddle sit

4x step, point, hold

- Hands on hips
- Straight legs
- Keeps weight on support leg during point

Straight jump preparation

Instead of jump, just a relevé rise

- Correct arm swing
- Rises to high relevé
- Shows good motorbike position

4x passé steps (side, forward, point, step)

- Straight support leg
- Toe to knee

Turn to face sideways, straight jump dismount to land in motorbike

- Starts with toes on the beam
- Jumps above beam height
- Controlled motorbike landing



GYM FUN – FLOOR

Forward roll down wedge

- Starting on wedge
- Hands turned in, straight arms

Backward roll to squat down second wedge

- Hands turned in
- Arms straight

L handstand

- Starting up tall
- Straight legs
- Landing on one foot and finishing in lunge or step in

5x rebounding straight jumps

- Arms up
- Points toes in air
- Motorbike landing to finish

Bunny hop or cartwheel over box

- Takes support on hands

5sec tuck hold on chocks

- Chocks shoulder width apart
- Knees above hips
- Pushing through shoulders

