

MINI GYM - VAULT

**From box, step down to
mini tramp, 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



MINI GYM - 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

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

- May be assisted
- Straight arms
- Slow and controlled

On high bar, monkey across land in motorbike in hoop

- Legs together
- Hold motorbike for 3



MINI GYM - P BARS

Jump from box to support

- Straight arms
 - Tight body
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Tuck hold - 2sec

- Knees above bars
 - Feet and knees together
-

3 small swings to land on box

- Tight, straight body
 - Straight legs
 - Looking straight ahead
-

1 row crab walking on blue P bars

- Hips at knee level



MINI GYM - 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

2x bunny hops

- Hops to land on two feet
- Trying to reach hips to vertical

5x rebounding straight jumps

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

Bunny hop or cartwheel over box

- Takes support on hands
- Leaps to land on one foot

5sec tuck hold on chocks

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

