

GIRLS SILVER

Student Name: _____

AIRTRACK	PRO ZONE	RED ZONE	AIR BAG
R/off flic, flic, sault	Back and fwd handspring x 6	Baranis over red	TRAMP
R/off flic, layout	Tuck back sault, punch front	Front saults over red	Tuck, pike layout fronts saults
Front tuck and pike saults	Front layouts	Barani over red, tuck back sault	Standing back tucks
Front tuck to step out r/off	Front aerial one step	Fly spring front saults	Roundoff arabian in to bag
r/off tuck back, punch front	Barani, tuck back sault	Press to handstand on red box	2 sault combos in to bag
Aerial Cartwheels x 2	Fwd egg roll to front sault	- walk 1/2 length of box on hands	Layout 1/2 and full twist into bag
Front aerials	Back egg roll to back	Front sault onto red box	R/off layout 1/2 twist into bag
Flyspring, front sault	Jump 720 turn to stick	Tuck back off red box	Standing back tucks
R/off layout 1/2 twist	Layout 1/2 twists	Barani over black boxes	
Valdez to walkover	Back tuck to front tuck saults	Front sault step out, r/off tuck back	BOX AT TRAMP - Corbet
Cartwheel to flic step out	All saults to stick on blue mat	Jump to walkover on red box	Whips x 2
R/off back layout step out	Layout full twist		Whip to layout
Front toss to floor	360 roll		Whip to layout twist

FLEXIBILITY	STRENGTH	WALL RUNNING	LEAPS & JUMPS
2 splits to floor	20 V sits	Drop in from low wall	Change leg split leap
Walkover to chest roll down	15 push ups	Reversal	Johnson side leap
Tic toc on floor	30 sec dish	Spiderman spin	Ring leap
Splits roll through back to front	Handstand hold 5 secs	Standing drop in	Cat leap full turn
Handstand touch foot to head in splits and step down.	5 standing tuck backs	Cartwheel to handstand drop ins	Jump 540 turns
Rolling tinsica	Handstand wall up x 5		Butterfly kick
	10 pistols each leg	TRICKING	Shushanova to f/support
		Palm Kick	Illusion
		Slant Gainer	
		360 handstand roll	
		Gumbi Cartwheel	