

SPELTHORNE GYMNASTICS

Club Champs - Floor

Teens

Present

Handstand forward roll (2s)
Arabesque/ Y scale (3s)
Tip toes, cartwheel 1/4 turn in
Headstand (3s)
Straddle stand, crouch (3s)
Needle, stretch
Backward roll to front support (3s)
Side support, back support (3s)
Dish, rock to stand (3s)
Back walkover (variation)
Full turn jump
Slide to splits (3s)
Round to pike, lumber fold (3s)
Rock to shoulder stand (3s)
Stretch.

Present