

INTERMEDIATE BOYS

Floor Exercise

- Hurdle, round-off to knees
- Hurdle, round-off, rebound
- Hurdle, round-off, rebound to back
- Handstand, bridge
- Bridge kickover
- Bridge, kick to handstand, lower to "C" shape
- Run, punch, dive roll
- Front tuck
- Back handspring over boulder to "C" shape

Mushroom/Pommel Horse

- 3/4 to full circle on mushroom
- 1/2 circle on mushroom top
- 15-25 bucket circles
- One & a Half Circles on Mushroom
- Understanding a spindle

Still Rings

- Ring sequence #4 - upgraded
- Support hold, L hold, backdrop to inverted pike
- Muscle up drill on low rings
- 3 swings to a layout dismount
- Ring sequence #4 - upgraded, with layout dismount

Vault

- Hurdle, arm circle, straight jump
- Run, hurdle, arm circle, straight jump
- Hurdle, arm circle, dive roll off medium block
- Run, dive roll
- Front tuck from trapezoid
- Run, hurdle, front tuck
- Handstand flat back

Parallel Bars

- Forward & backwards hops across, w/ NO stops
- L support hold - 3 seconds
- Underarm support hold - 5 seconds
- Underarm support swings (3-5) to straddle front uprise
- Parallel bars sequence #5
- Straddle support, 1/2 turnover drill

Horizontal Bar

- 3-5 chin-ups
- Pull over on high bar, with light spot
- 3 safe tap swings
- 1-3 casts, back hip circle, without spot
- Cast, underswing
- 3 tap swings to long hang pullover - spotted
- 1-3 casts, back hip circle, underswing - spotted

