LEVEL 3

BEAM

BARS

|  |  |  |
| --- | --- | --- |
| Pullover |  |  |
| Front Support Climb up Straddle Dismount |  |  |
| Front Support Cast Straddle Dismount |  |  |
| Spotted Mill Circle |  |  |
| 5 Leg Lifts |  |  |
| 3 Chin Ups |  |  |
| Leg Cut |  |  |
| Single Leg Shoot Through |  |  |
| Squat On |  |  |
| Glide to Leg Lift |  |  |
| Kip COnceot |  |  |

|  |  |  |
| --- | --- | --- |
| Side Handstand Dismount |  |  |
| Lever Touch on High Beam |  |  |
| Pivot Turn on High Beam |  |  |
| Split Jump |  |  |
| Handstand Concept |  |  |
| Side Handstand Dismount Twist |  |  |
| Cartwheel on Low Beam |  |  |

|  |  |  |
| --- | --- | --- |
| Roundoff Punch |  |  |
| Backwards Roll Straight Legs |  |  |
| Bridge Kickover |  |  |
| Handstand Hold |  |  |
| Handstand Forward Roll |  |  |
| Handstand Bridge |  |  |
| Backbend to Stand |  |  |
| Front Limber |  |  |

FLOOR

VAULT

|  |  |  |
| --- | --- | --- |
| Handstand Flat Back on 8 inch |  |  |
| Dive Roll on Resi |  |  |
| Jump to Resi |  |  |
| Handstand Flat Back on Resi |  |  |