

# ADVANCED GYMNASTICS

# GOALS



## BARS

2-FOOT PULL OVER

CAST, BACK HIP CIRCLE, SUPPORT

SQUAT ON DRILLS

HOLLOW CASTS

## LANDING/BOUNCING

WALL HANDSTAND, FORWARD ROLL

STRAIGHT ARM BACK ROLL

HANDSTAND HOPS

BHS DRILLS

HURDLE, JUMP TO HANDSTAND

## FLOOR

ROUND-OFF (MAT)

BACK WALKOVER

FRONT LIMBER

HANDSPRING DRILLS

## STRENGTH

PUSH-UPS

V-UPS

HOLLOW HOLD

CHIN HOLD IN L

LEG LIFTS & PULL UPS

LUNGE WALKS

## BEAM

SNAP TURN

SPLIT LEAP

SMALL HANDSTAND HIGH BEAM

FULL SIDE HANDSTAND HIGH BEAM