

BEGINNER GYMNASTICS GOALS



BARS

PULL OVER FROM MAT

CIRCLE AROUND THE BAR

CASTING

HIGH HAND/WALKING REGRIPS

LANDING/BOUNCING

MOVING SAFETY LANDINGS

FRONT, SIDE, BACK ROLLS

BODY SHAPES ON TRAMP

HURDLE

HANDSTAND TO TIGHT BELLY FALL

FLOOR

SMALL HANDSTAND

CARTWHEEL

HANDSTAND TO BRIDGE (MAT)

BRIDGE KICK-OVER (MAT)

STAND TO BRIDGE (MAT)

STRENGTH

PUSH-UPS

SIT-UPS

HOLLOW HOLD

ROPE 3 STEPS

CHIN HOLD & PULL-UPS

“L” HOLD

BEAM

PIVOT TURNS

STRAIGHT JUMPS

LEVER KICK

SMALL SIDE HANDSTAND

INTERMEDIATE GYMNASTICS

GOALS



BARS

PULL OVER FROM FLOOR

BACK HIP CIRCLE

GLIDE SWINGS

SWINGING REGRIPS

LANDING/BOUNCING

LEVER KICK FORWARD ROLL

STRAIGHT ARM BACK ROLL (MAT)

FLIPPING SHAPES ON TRAMP

HANDSTAND TO TIGHT BACK FALL

BHS DRILLS

HURDLE, JUMP UP

BEAM

RAISE TO RELEVÉ HOLD

SPLIT JUMP

SMALL HANDSTAND

FULL SIDE HANDSTAND

FLOOR

FULL HANDSTAND

STRONG CARTWHEEL

ROUND-OFF DRILLS

BRIDGE STAND UPS

BACK BEND, KICK-OVER

STRENGTH

PUSH-UPS

CRUNCHES

HOLLOW HOLD

SQUATS

ROPE 7 STEPS

LEG LIFTS & PULL UPS

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