

BOYS PRE SILVER

Student Name: _____

AIRTRACK	PRO ZONE	RED ZONE	AIR BAG
Handstand	Front saults, tuck, pike	Roundoffs over red continuous	TRAMP TO BAG
Handstand forward roll	Back sault tuck	Fly spring over red	tuck front sault to feet
Cartwheels x 2	Barani	Roundoff back tuck	Pike front sault to feet
Roundoff Tuck Jump	Knee bounce to front sault	Front tuck, front tuck	Back tuck to feet
Handspring or Flyspring	Fwd egg roll hands out	Dive roll over red section	Barani
Run punch front sault	fwd egg roll x 3	Press to handstand on red box	Front tuck, front tuck to bag
Spotted standing back tuck	Back egg roll to feet	Barrel roll and shoulder roll	
Roundoff back tuck	Back tuck sault	Roundoff off red box	
Side Sault	back tuck, bounce front tuck	Barani over black boxes	TRACK
Flyspring over barrell	Side sault	Thief, kong & barrel over black	Front support to handstand x 3
	All saults to stick on blue mat	One handed roundoff	Handstand hold 20 secs
			Spotted back tuck

FLEXIBILITY	STRENGTH	WALL RUNNING	AIR ROLL & TRICKING
Splits held with legs straight	15 sit ups	Drop in from low wall 5 runs	Thief, kong vaults
Bridge hold 10 secs	10 push ups on feet	Pop half turn to feet	Barrel and shoulder rolls
Walk hands down yellow wall	20 sec dish	360 spin on wall	Roundoff with high legs
& back up again	Wall handstand hold 20 secs	High spiderman in and 5 runs	Tornado Kick
Pike sit to touch toes legs straight	20 tuck jumps	Standing drop ins	
	15 burpress	Cartwheel to handstand drop ins	
	5 pistols each legs		