

BOYS SILVER

Student Name: _____

AIRTRACK	PRO ZONE	RED ZONE	AIR BAG
Handstand hold 3 secs	Back saults, tuck, pike, layout	Barani's over red	TRAMP
Handstand forward roll	Front saults, tuck, pike	Fly spring over red	Back tuck 1/2 twist
Cartwheels x 2	Barani	Roundoff back tuck	Back layout straight
Roundoff Tuck Jump	Barani to tuck back & front	Front tuck, front tuck	Barani
Handspring or Flyspring	- plus all above skills to blue mat	Back tuck, punch front tuck	Stall back tuck sault
Run punch front sault	Fwd egg roll to front sault	Press to handstand on red box	Front sault, front sault into bag
Standing Tuck back sault	Back egg roll to back	Front sault onto red box	Front sault, 1/2 turn back sault
Roundoff back tuck	Back tuck, front tuck	Back sault off red box	Layout 180
Side Sault	Cheat gainer	Barani over black boxes	step gainer into back
Flyspring	Side sault	Kong, thief and shoulder vault	
	360 roll	Side saults	
	3 x back saults in a row		

STRENGTH	TRICKING	WALL RUNNING	AIR ROLL
20 sit ups	Butterfly and palm kick	Drop in from low wall 5 runs	Vaults, kong, thief
15 push ups	Tornado & hook kick	Pop half turn to feet	Rolls, barrel & shoulder
30 sec dish	Scoot & master scoot	360 spin on wall	Roundoff with high legs
Wall handstand hold 20 secs	Kip up	Reversal	Kong vault to punch front sault
20 tuck jumps	Slant Gainer	Standing drop ins	Reverse kong vault
15 burpees		Cartwheel to handstand drop ins	
Straddle press to handstand on yellow wall and down			