

Boys Routines

Beginner Boys, Tomcats

Vault: squat on block straddle jump freeze

High bar: tuck hold, walk across 3 steps, do 3 swings regripping jump off in back freeze

Rings: lift them up to chin hold – 3 sec, extend down, tuck hold 3 sec, hang, 5 front and back swings release to stick

Floor: Kick handstand, Forward Roll, tuck jump, forward roll, step kick cartwheel, candlestick, jump ½ turn stick.

Level 2, Mini jets

Vault: squat on block no hands – straddle jump freeze

High bar: tuck hold 3 sec, extend ½ turn then 3 swings re-gripping jump off in back freeze

Rings: lift them to a chin hold 3 sec, extend down tuck hold 3 sec, hang, any # of swings to inverted hang, come down 3 swings to release stick

Floor: Handstand step down, cartwheel chaise cartwheel, back roll, from squat do a frog stand, come down stand up, scale run hurdle round off pop stick

Level 3, Jets

Vault: squat on block no hands – straddle jump freeze

High bar: Chin hold or pullover forward roll down, ½ turn 3 swings re-gripping jump off back stick.

Rings: Chin up hold 3 sec, hang, “L” hold 3 sec, hang, any # of swings to inverted hang, skin the cat jump off

Floor: Handstand step down, run hurdle cartwheel, chaise, cartwheel, back roll to straddle stand, head stand roll out, scale, power hurdle round off rebound stick.

Hot shots

Vault: front tuck

High bar: Chin hold or pullover forward roll down, ½ turn, 3 swings re-gripping jump off back freeze

Rings: chin up hold 3 sec, “L” hold 3 sec, hang, swings to inverted hang, skin the cat jump off freeze finish

Floor: handstand forward roll, power hurdle cartwheel chaise cartwheel, back roll to straddle stand press headstand roll out, scale hold, run punch dive roll or punch front

Adv. Jets

Vault – squat on blocks no hands – straddle jump freeze

High bar: ½ turn on high bar, Pullover (can be spotted) underswing tap swings release in back freeze

Rings: chin up hold 3 sec, “L” hold 3 sec, 3 swings to inverted hang, skin the cat freeze

Floor: handstand forward roll, power hurdle cartwheel chaise cartwheel, back roll to straddle stand press headstand roll out, scale hold, power hurdle round off pop stick.