

SPELTHORNE GYMNASTICS

Club Champs - Floor

Year 1

Present

One leg balance (3s)

Stretch

Forward roll

Star jump

Jump half turn

Crouch

Rock to shoulder stand (3s)

Lumberfold (3s)

Back support (3s)

Side support (3s)

Front support (3s)

Crouch

Stretch

Leg lift hold (1s)

Chasse sideways

Side lunge (3s)

Stretch forwards

Cat leap

Present