

SPELTHORNE GYMNASTICS

Club Champs - Floor

Year 2

Present

One leg stand (3s)
Stretch
Forward roll, straight jump
Forward roll, star jump
Arabesque (3s)
Forward roll, land in pencil
Bridge (3s)
Japana (3s)
Dish, roll to arch (3s)
Push to front support (3s)
Crouch
Jump half turn
Chasse cat leap
Side chasse side lunge (1s)
Straddle stand (3s)
Jump feet together
Stretch

Present