

SPELTHORNE GYMNASTICS

Club Champs - Floor Year 3

Present

Arabesque (3s)
Jump half turn
Tucked backward roll
Stretch
Turn to side and leg kick
Side chasse to star
Straddle stand (3s)
Frog balance (3s)
Crouch, stretch
Forward roll to dish (3ss)
Bridge (3s)
Back support (3s)
Front support (3s)
Crouch, stretch
Leg kick and lunge to one knee, to two knees (1s)
Forward roll to japana (3s)
Shoulder stand (3s)
Stretch

Present