

VAULT

Foundation 1

From standing in 60cm box,
Step down to the board to
an immediate straight jump.
Landing on a 30cm mat.

Handstand against a wall,
Straight line from shoulders
to toes

RINGS

Chin up hold for 2 seconds

Tuck hold for 2 seconds

Kick through L into
3x long swings

Dismount at the back of last swing

FLOOR

Tuck forward Roll to stand

L handstand

Straight jump rebound jump
connected

Shoulder stand to L sit

L sit 2 seconds

Pike sit 2 seconds

Dish (arms at ears) 2 seconds

Roll to arch 2 seconds

Push up to front support

Jump to squat

Stand and present

BEAM

Jump to front support, lift leg over to
straddle sit, swing legs back to squat,
stand

4 steps backwards

Passe hold

4 steps forward

Straight Jump on beam

Straight jump dismount

BARNS

Hold dish shape for 2 seconds,
2x bent knee swings with regrip

Jump to support on low bar,
hold front support shape for 2
seconds

2x casts connected

forward roll over the bar to tuck
hang.

P-BARS

Jump to cross support

Tuck hold for 2 seconds

L support kick

2x support swings

Dismount at the back of last swing

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