

GIRLS GYM PROS

APPARATUS



VAULT



- Various Postures and Positions for developing vault
- Accelerated Sprint
- Run - Hurdle - Straight jump to box - immediate rebound off
- Kick to Handstand Flatback (30cm) landing mat
- Assorted jumps using box and mini trampoline

BARS



- Gymnastics Static Postures and positions
- Tuck swings with regrip
- Jump to Front Support
- Casts (hips off bar)
- Forward Roll to Tuck hold
- Fish Taps

BEAM



- Gymnastics Static Postures & Positions
- Various walks on beam
 - Forward, Sideways, Backward, Kicks, Passes, Ice Cream Scoops, Grapevine
- Various positions and movements down on beam
 - Scale hold, Straddle hold, Front support
- Straight Jump
- Arabesque hold
- Donkey kick
- Forward Rolls on beam
- Landings off beam to motor bike
 - Straight Jump/ Tuck Jump/ Star Jump
- Pivot Turns on 2 feet

FLOOR



- Gymnastics Static Postures & Positions
- Assorted Forward roll combinations
- Backward roll
- Handstand Development
- Cartwheel Development
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Bridge hold and kick over development

GIRLS GYM PROS

PREPARATION



STRENGTHENING



- Assisted chin ups
- Tuck hang and tuck ups
- L hang and half leg lifts
- Push ups
- Support holds
- Sit ups and tuck snaps
- Rope climb with feet
- 20-30cm Box jumps
- Double leg squats

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Split
- Left Split
- Middle Split
- Bridge
- Front and Back kicks
- Split Jump, Straddle Jump, Pike Jump

BODY PREPARATION



- Tuck sit, rock n roll, rock n roll to stand up
- Angry Cat/Happy Cat
- Front support/back support
- Dish/Arch Hold
- Straight shape
- Tuck, pike and wall handstand
- Correct take-off and landing technique
- Falls training

TRAMPOLINE



- Assorted Basic Jumps:
 - Straight, Tuck, Star, Pike, Straddle, Split, Half and Full Turn
- Body bounces:
 - Angry cat/ Front Support/ Back/ Bottom
- Mummy Drops into pit
- Peanut rolls into pit
- Knees to donkey kick
- Knees to handstand