

BOYS ADVANCED PREPARATION



STRENGTHENING



- Chin ups, chin up holds, chin up pullovers, chin up levers
- Tuck hang, tuck ups, tuck throughs
- L hangs, leg lifts, L leg lifts and other variations
- Push ups and Dips and other variations
- Inverted rows, standing rows, renegade rows etc.
- Support holds and walks
- Sit ups, tuck snaps, V-snaps and other variations
- Rope climb with feet
- 40 - 50cm + box jumps
- Single leg squats, hops, lunges, deadlifts, calf raises, bridges etc.

FLEXIBILITY



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

BODY PREPARATION



- Tuck sit, rock n roll, rock n roll to single leg hop
- Angry Cat/Happy Cat
- Front support/back support/side support/plank and side plank
- Dish/Arch/side hollow holds, rocks, kicks and other variations
- Straight shape
- Tuck, pike, L handstand, wall handstand, free handstand, handstand walking, handstand push ups, straddle to handstand, press to handstand
- Correct take-off and landing technique
- Falls training

TRAMPOLINE



- Assorted Basic Jumps:
 - Straight, Tuck, Star, Pike, Straddle, Wolf, Split, Full Turn, 1.5 or 2.0 turn
- Body bounces:
 - Front support/ Camel Walks/ Handstand Pops/ Back & Belly Bounce Combinations/ Peanut Rolls (FWD & BWD)
- Front somersaults on the trampoline
- Fly-spring on the trampoline
- Back handspring and Back Somersault Drills
- $\frac{3}{4}$ front layout to back

BOYS ADVANCED APPARATUS



HIGH BAR



- Gymnastics Static Postures and Positions
- Kip Development
- Undershoot
- Stalder Undershoot Development
- Tap Start
- Long Swings
- Flyaway Development

FLOOR



- Gymnastics Static Postures & Positions
- Handspring Development
- Headspring Development
- Cartwheel Development
- Roundoff Connections
- Assorted Jumps and landings
- Assorted Locomotive Movements

P-BAR



- Gymnastics Static Postures and positions
- Glide Kip Development
- Press to Handstand Development
- Support Swings
 - Transitions from support swing to static posture
- Swing to Handstand Development
- Side Dismount

POMMEL



- Gymnastics Static Postures and positions
- Scissor Swing Development
- Double Leg Circle Development

RINGS



- Gymnastics Static Postures and Positions
- Long Swings
- Muscle Up Development
- Back Layout Dismount

VAULT



- Various Postures and Positions for developing vault
- Front Layout
- Front Handspring Development (30 - 90cm) landing mat