

GIRLS MASTERS

APPARATUS



VAULT



- Various Postures and Positions for developing vault
- Accelerated Sprint
- Run - Hurdle - Handstand Flatback (90cm) landing mat
- Handspring over Vault table

BARS



- Gymnastics Static Postures and positions
- Kip Development
- Pullover
- Cast - Back hip Circle
- Step on low bar - Jump to high bar
- Swing Pullover
- Undershoot dismount
- Toe Shoot Dismount

BEAM



- Gymnastics Static Postures & Positions
- Kick Combinations
- Various positions and movements down on beam
 - Straddle hold, Front support, Swing to squat
- Jump Combinations
 - Straight Jump, Tuck Jump, Split Jump
- Full Handstand
- Cartwheel Development
- Walkover Development
- Landings off beam to motor bike
 - Punch Jump/ Front Salto Development
- Turns Combinations

FLOOR



- Gymnastics Static Postures & Positions
- Front Handspring Development/ Connections
- Back Handspring Development/ Connections
- Roundoff Development/Connections
- Salto Development
- Assorted Jumps and landings
- Assorted Locomotive Movements
- Walkover Development
- Assorted Split Leap Combinations
- Turns

GIRLS GYM MASTERS

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 in scissors
- 50cm + box jumps
- Single leg squats, hops, lunges, deadlifts, calf raises, bridges etc.

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Split
- Left Split
- Middle Split
- Bridge, Kickovers and Walkovers
- Front, Back, Side and Needle kicks
- Split Jump, Split Leap, Change leap, Straddle Jump, Side Leap, Pike Jump, Jump split full, Jump straddle full, Ring leap

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 Roll Combinations (FWD & BWD)
- Front somersaults tuck, pike and layout on the trampoline
- Fly-spring and fly-spring combinations on the trampoline
- Back handspring and Roundoff back handspring
- Back Somersault Tuck, Pike, Layout
- Barani, ½ twist, 1/1 twist