

# All AMERICAN GYMNASTICS

## Level 1 Boys

### Floor

- \_\_\_\_\_ 1. Lung
- \_\_\_\_\_ 2. Fwd roll
- \_\_\_\_\_ 3. Bwd roll down cheese
- \_\_\_\_\_ 4. Cartwheel w/ finish
- \_\_\_\_\_ 5. Chasse

### Pommel Horse

- \_\_\_\_\_ 6. Support hold 10 sec.
- \_\_\_\_\_ 7. Step hands to side
- \_\_\_\_\_ 8. ¼ circle on mushroom

### Rings

- \_\_\_\_\_ 9. Chin hold 3 sec.
- \_\_\_\_\_ 10. Straight arm & leg hold
- \_\_\_\_\_ 11. Inverted hang 3sec.

### Vault

- \_\_\_\_\_ 12. High knee run
- \_\_\_\_\_ 13. Max speed run
- \_\_\_\_\_ 14. 5 punch repeaters
- \_\_\_\_\_ 15. Skip
- \_\_\_\_\_ 16. Straight jump dismount

### Parallel Bars

- \_\_\_\_\_ 17. 10 hand steps
- \_\_\_\_\_ 18. Straddle travel (straight legs)
- \_\_\_\_\_ 19. Straddle travel (straight arms)
- \_\_\_\_\_ 20. Tuck hold 5 sec.

### High Bar

- \_\_\_\_\_ 21. 3 regrip swings
- \_\_\_\_\_ 22. Pull over w/ cheese
- \_\_\_\_\_ 23. 3 casts
- \_\_\_\_\_ 24. Chin-up hold 10 sec.

### Flexibility

- \_\_\_\_\_ 25. 90 degree pancake
- \_\_\_\_\_ 26. Pike stretch touch ankles
- \_\_\_\_\_ 27. Bridge hold 5 sec.
- \_\_\_\_\_ 28. Right and left splits
- \_\_\_\_\_ 29. 90 degree shoulder stretch

### Strength

- \_\_\_\_\_ 30. Hold push-up position
- \_\_\_\_\_ 31. 5 push-ups
- \_\_\_\_\_ 32. Chin hold 10 sec.
- \_\_\_\_\_ 33. Handstand on wall
- \_\_\_\_\_ 34. Hollow body hold