



<b>NGA MEN'S PROGRAM</b>
<b>Floor Routine Examples</b>
<b>Level 1</b>
Cartwheel step together, back roll, straddle stand press headstand, pike down, forward roll to stand, run roundoff
<b>Level 2</b>
Step kick to handstand, forward roll, cartwheel to back extension roll, front scale, run round off rebound
<b>Level 3</b>
Kick handstand hold, pike down to stand, roundoff back handspring, cartwheel step feet together, back extension roll to stand, run roundoff rebound
<b>Level 4</b>
Front handspring step out, cartwheel, fall to prone, roll to back, bridge, kickover, pike to stand, fall to prone, kick to split and press to stand, roundoff backhandspring
<b>Level 5</b>
Roundoff 2 back handsprings, back extension roll, pike down to straddle stand, press to handstand, front handspring stepout front handspring, 1/2 turn, roundoff back tuck
<b>Level 6</b>
Front tuck, cartwheel, legs together back extension hand stand, lower to split, press handstand, roundoff back with 1/2 twist
<b>Level 7</b>
Roundoff backhandspring back 1/1 twist, front tuck-boulder-front tuck, lunge to front scale, roundoff backhandspring back layout