



NGA MEN'S PROGRAM
Parallel Bars Routine Examples
Level 1
Long hang swings, straddle up to bars, L-seat, support swings,
Level 2
Long hang swings, BUR to upper arms, BUR to support, swings, Push off to stand
Level 3
Long hang swings, Moy to upper arms, BUR, swings in support, push off to stand
Level 4
Glide kip, hook feet and Moy to upper arms, upper arm swings, BUR, Swings in support, push off to stand
Level 5
Long hang swings, Moy to upper arms, upper arms swings, back roll, BUR, swings in support, 3/4 Diamidov dismount
Level 6
Peach to support, L-seat, swing to layaway, BUR, swings in support, Pirouette, swings to 3/4 Diamidov dismount above horizontal
Level 7

Peach to support, L-seat, bail, giant to support, layaway,
front uprise swing to HS, swing to pirouette, Wende