

	Aerobic	Strength	Flexibility	Balance	Floor
Blue	35 seconds each 1. 6 x sprint (1 length of mats each time) 2. lunge sprinter hop (right & left leg) 3. burpees	straddle or pike lever - hold 5 seconds	Japana - must be lower than 90 degrees with flat back	Y balance or arabesque (must be over 90 degrees)	cartwheel (both sides)

	Vault	Beam	Bars	Floor 2	Jumps/leaps
Blue	handspring flatback onto mats	straddle on dip steps along beam cartwheel 1/4 turn dismount	circle up	reverse handstand against wall	straight jump full turn