

	Aerobic	Strength	Flexibility	Balance	Floor
Indigo	45 seconds 1. 2 x hopping (2 lengths of mats one on each leg) 2. Rope skip 3. Burpees	Deadman drop	splits (must have straight legs and square hips, can have hand support)	Headstand with straight legs (hold 5 seconds)	Forward roll to pike stand

	Vault	Beam	Bars	Floor 2	Jumps/leaps
Indigo	handspring hop to flatback onto mats	forward roll	circle up layaway to back hip circle	backward roll to front support	straddle & pike jump