

	Aerobic	Strength	Flexibility	Balance	Floor
Violet	60 seconds 1. 10 x sprint lengths 2. rope skipping 3. squat jumps onto 2 high blocks	elephant lift to handstand	bridge kicker	Handstand hold (hold 3 seconds)	2 consecutive one handed cartwheels - first hand down, second hand down

	Vault	Beam	Bars	Floor 2	Jumps/leaps
Violet	handspring	mount of choice 1/2 spin on toes 1/2 turn in squat & jump 1/2 turn handspring dismount (can be off blocks or beam)	straddle on undershoot	backward roll to handstand	chasse split leap shushanova