



Boys Beginner Progress Chart

Name: _____

Floor	Still Rings	Mushroom and Vault	Parallel Bars and High Bar	Tumbl Trak	Strength and Flexibility
Scale, hold 5 seconds	Chin hold, hold 5 seconds	Straddle support for 10 seconds	Crab walk back and forth p-bars	Safe Landing Position (stick)	Tucked hollow, hold 30 seconds
Candlestick, roll up, jump	Hanging tuck, hold 3 seconds	Reverse plank for 10 seconds	Support hold for 20 seconds	Straight jumps w/ arm circles	Table position, hold 30 seconds
Tuck jump, stick	Turn rings out and in 5 times	¼ hops around the mushroom	Straddle travel across p-bars	Straight jumps backwards	Push-up position for 30 seconds
Jump backward, up on to a mat	10 arch rocks	Circle walk around	5 support swings	Tuck jumps	Bridge, hold 5 seconds
Lunge hold, ¾ handstand	3 swings, straight arms	Half circle, walk around	Back swing over the bar dismount	Straddle jumps	Pike, touch toes with straight legs
Headstand, hold 3 seconds	Inverted hang, hold 3 seconds	Vault Skips, knees up	High Bar 3 Casts	3 Donkey kicks	Straddle, elbows down to floor
"Spider-Man" Handstand	Inverted pike, hold 3 seconds	Accelerated run on toes	3 tap swings with regrip	Full turn (arms out, then up)	5 Push-ups
Forward roll	German hang, hold 3 seconds	Bounce back on springboard	Long hang travel across the bar	Combination of jumps	10 Lemon Squeezes
Backward roll, down mat	German hang, pull back up	Run, tuck jump on to Resi mat	Hanging pike, hold 3 seconds	Seat Drop	2 Pull-ups/ Chin-ups
Cartwheel	German hang, let go, stick	Straight jump on to 8" mat, stick	Pullover	Run, straight jump, stick	Climb halfway up the rope

Coach: _____

Recommendation: _____