

# Beginner Progress Chart

Name: \_\_\_\_\_

| Vault                             | Bars                                   | Beam                  | Floor                                   | Tumbl Track                   | Strength/<br>Flexibility   |
|-----------------------------------|--|-----------------------|---|-------------------------------|--|
| Switching<br>Legs                 | Tuck, Pike,<br>and<br>Straddle<br>Hang | Walk<br>Backwards     | Forward Roll                            | Tuck Jumps                    | 3 Pushups<br>with Hands<br>Elevated  |
| Spiderman<br>Handstand            | Cast Push<br>Away to SLP               | Passe Walk<br>Forward | Backward<br>Roll                        | Straddle<br>Jumps             | Rope Climb<br>Half Way   |
| Donkey Kick<br>to Forward<br>Roll | Front<br>Support<br>Dismount           | Kick Walks            | Handstand                               | Pike Jumps                    | Shapes<br><input type="checkbox"/> Plank<br><input type="checkbox"/> Hollow<br><input type="checkbox"/> Arch |
| Running<br>Straight<br>Jump       | Squat on<br>Floor Bar                  | Bear Walk             | Cartwheel                               | Straight<br>Jump<br>Backwards | Burpees  |
| Up Down Up!                       | Kick Over                              | Bunny Hops            | Bridge with<br>1 Leg Up                 | Donkey<br>Kicks on<br>Wall    | Safety Roll  |
| Squat on<br>Jump to SLP           | Chin Hold                              | Dip Walks             | Tuck,<br>Straddle,<br>and Pike<br>Jumps | Straight<br>Jump to<br>Freeze | Split  |

Notes: