

Intermediate Progress Chart

Name: _____

Vault	Bars	Beam	Floor	Tumbl Track	Strength/ Flexibility
Handstand Hold on Wall <input type="checkbox"/> 20 <input type="checkbox"/> 40 <input type="checkbox"/> 60	*Routine #1	Side Handstand Dismount	Back Walkover	Switch Jumps	Pull up <input type="checkbox"/> 1 <input type="checkbox"/> 3 <input type="checkbox"/> 5+
Handstand Walk <input type="checkbox"/> 5 <input type="checkbox"/> 10 <input type="checkbox"/> 20+		Cartwheel on Low Beam	Front Walkover, Cartwheel Connection	Grass Hoppers	Rope Climb <input type="checkbox"/> Half <input type="checkbox"/> All <input type="checkbox"/> No legs
Handstand Pop	*Routine #2	Handstand	Straight Arm Backward Roll	Flysprings	Chin Hold <input type="checkbox"/> 10 <input type="checkbox"/> 30 <input type="checkbox"/> 50+
Handstand Flatback Vault with Mini Tramp		Half Turn	Back Handspring	Back Handsprings	Leg Lifts (5) <input type="checkbox"/> Assisted <input type="checkbox"/> Full <input type="checkbox"/> Half
Handstand Flatback Vault with Springboard	*Routine #3	Split Jump	Chasse', Leap, Assemble', Straight Jump	Front Handsprings	Plank Hold <input type="checkbox"/> 30 <input type="checkbox"/> 45 <input type="checkbox"/> 1 min
Dive Roll onto Big Mat		*Routine	*Routine	Handstand Punch Handstand	Splits <input type="checkbox"/> L <input type="checkbox"/> M <input type="checkbox"/> R

Notes: