

Intermediate Progress Chart

Name: _____

Vault	Bars	Beam	Floor	Tumbl Trak	Strength/ Flexibility
20 Second Spiderman Handstand Hold	Pull Over	Handstand *medium beam	Back Walkover	120 Degree Straddle Jump	10 Push Ups
Punch Handstand to Handstand Flatback	Double Back Hip Circle	Cartwheel *low beam	Front Limber	Traveling Punch Handstands	30 Second Hollow Hold
Standing Heel Drive to HS Flatback over Octagon	Squat On	Straight Jump, Split Jump *high beam	Round Off Rebound	Power Hurdle, Round Off Rebound	30 Second Arch Hold
Handstand Pop	Glide to Toe Hold with 3 Swings	Arabesque, Step Leap *high beam	Straight Arm HS Forward Roll	Front Handspring	Rope Climb *All the way up
Handstand Walk - 10 Steps	Sole Circle Dismount	Heel Snap Turn *high beam	Straight Arm Backward Roll	Back Handspring	5 Straddle Punch Handstands
Handspring Vault over Mat *tramp board	5 Chin Hang Piked Leg Lifts	Side Handstand Dismount *high beam	Spotted BHS Down Wedge	Grasshopper All the Way Down	5 Tick Tocks

Notes: