

Inspired Gymnastics Advanced Gymnastics

Gymnast Name:

Must complete 6 out of 8

	FITNESS	PASSED	REBOUND	PASSED	FLOOR	PASSED	
1	Sit Ups x 15 Seconds		10 x Straight Jumps on Springboard		Handstand forward roll with straight arms		Bronze
2	Long front support Hold for 15 seconds		Handstand Flat back on Trampet		Handstand Block (straight & held for 1 second)		
3	Jump Jump Squat x 20 Seconds		Run & rebound off springboard & land safely		Handstand to bridge & stand up		
4	Skip 60 Seconds		Run & rebound off springboard onto higher platform & land safely		Back bend to bridge		
5	2 Jump Full Turns Consecutively		10 x Straddle jumps on trampet		Straddle up to handstand using the wall (straight legs)		
6	10 dips on one foot and 10 dips on another (straight leg in front)		Straddle Jump off Springboard, Landing Held		Roundoff Straddle jump		
7	Tricep Dips x 20 Seconds		Run & rebound off Trampette & land safely		Tuck Jump Full Turn		
8	Plank x 30 Seconds		Run & rebound tuck jump & land safely		Wolf Jump		
1	Tucked V Sits x 15 Seconds		Handstand flat back using Springboard		Backward Walkover		Silver
2	Handstand hold against the wall 30 seconds		Tuck Jump off Springboard, Landing Held		Handstand held 3 seconds		
3	Burpees x 20 Seconds		Half Tum Jump off Springboard, Landing Held		Handstand half turn 180		
4	Micro Arm Circles x 30 Seconds		Cartwheel off a Springboard		Pike up to handstand using the wall		
5	Shoulder Flexion in a Lying Position		Half on - on trampet		Tick Tok		
6	Bridge With One Leg Raised		Squat over on vault		Backward roll to Handstand		
7	Rock back stand on one leg, rock back stand on the other leg		Pike Jump off Trampette, Landing Held		Chassis split leap, chassis side leap		
8	Plank x 45 Seconds		Half Tum Jump off Trampette, Landing Held		Tucked Planche		
1	V Sits x 15 Seconds		Handspring off Springboard		Forward walkover		Gold
2	Press Ups x 20 Seconds		Free Cartwheel (ariel) off Springboard		Forward walkover to splits		
3	Chin Ups for 30 seconds feet on a raised platform		Flyspring on Trampet(using red block)		Back walkover to splits		
4	8 Shuttle Runs With Sit Ups and Push Ups at End		Pike Jump off Trampette, Landing Held		Valdez		
5	Leg lifts on the lemon & wall bars for 30 seconds		Half on half offusing Trampet & red block		Handspring		
6	Wall Sit x 1 Minute		Supported Flic off Trampette to Front Support Hold		Handstand full turn 360		
7	Hanstand Dips Against Wall x 20 Seconds		Straddle over on vault		Handstand walking (at least 3 metres)		
8	Plank x 1 Minute		Tucked Front Salto off to sit on mats with support- Trampette		Russian or Straddle Lever (held 3 seconds)		

