

PRE-TEAM REQUIREMENTS

Conditioning	Flexibility	Vault	Bars	Beam	Floor
5 Leg Lifts (perfectly straight legs)	Right Leg Split	Straight Jump	Pull Over without Jumping	Level 1 Mount	Handstand 2 Sec
5 vertical pull ups	Left Leg split	Handstand Flatback	Back-hip Circle Straight legs	Level 1 Dismount	Cartwheel
Tuck, pull up, hold 10 sec	Middle split			High/Tight straight jump	Chasse
20 sec tuck hold	Bridge			Lever - Finish	Split Jumps
40 sit ups in one minute	Backbend w/ shoulders past wrist				Candlestick Forward Roll
15 sec hollow body hold					Backward Roll
20 sec arch body hold					

