

BIRCHMOUNT GYMNASTICS CENTRE

MINIGYM[©] LEVELS

VAULT

MINI 1	MINI 2	MINI 3	MINI 4	MINI 5	MINI 6	MINI 7	MINI 8	MINI 9
Climb to squat position on block Climb to straddle position on block Two jumps through hoops Jump off block landing on feet	Climb to pike stand on block Jump to knees onto block Jump from two feet through hoops Jump off block & stick	Jump to squat on block Tuck jump off Jump from two feet over low objects Donkey kicks on low box	Jump to straddle on block Tuck jump off and stick Star jump off Two box height knees on Two box height jump off landing on feet	Two box height knees on Two box height jump & stick Two box height squat on Two box height star jump off 5 jumps over low objects Climb to vault, jump off landing on feet	Two box height squat on Two box height straddle on Two box height tuck jump off and stick Jump to vault, star jump off Donkey kicks on floor	Two box height straddle on Knees onto vault w/a Jump off vault and stick Two foot straight jump onto box Jump to pike on box	Knees onto vault Squat onto vault w/a Tuck jump & stick off vault Star jump off vault landing on feet Pike jump off vault	Squat onto vault Straddle onto vault w/a Straddle jump off Donkey kick to handstand on block with assistance Jump up/down consistently onto row of boxes

BARS

MINI 1	MINI 2	MINI 3	MINI 4	MINI 5	MINI 6	MINI 7	MINI 8	MINI 9
Tuck hang Straddle sole hang w/a Hang on rings w/a	Tuck hang, land on feet Straddle sole hang w/a Tuck swing on bars	Tuck hang stick landing Straddle sole hang Monkey walk w/a Chin up hold w/a	Straddle sole swing w/a Two leg lifts w/a Monkey walk half width low bar Cross support on p-bars w/a Chin up hold w/a	L-seat hang w/a 4 Leg lifts w/a 2 Chin up w/a Monkey walk full bar width Cross support on p-bars	Front support w/a Long swing w/a L-seat hang 6 Leg lifts w/a 4 Chin Ups w/a	L-seat hang 8 Leg lifts w/a 6 Chin Ups w/a Front support w/a Front roll off w/a Long swing	2 Leg lifts 1 Chin Up Jump to front support w/a Front roll off Cast on low bar w/a Glide swing w/a	4 Leg lifts 2 Chin ups Jump to front support Hip pullover w/a Glide swing Beat swing w/a

BEAM

MINI 1	MINI 2	MINI 3	MINI 4	MINI 5	MINI 6	MINI 7	MINI 8	MINI 9
On low beam: Forward walking Sideways walking	On low beam: Marching Straight leg lifts Backwards walking w/a	On medium beam: Forward walking Sideways walking Backwards walking w/a Jump from medium beam w/a	On medium beam: Marching Straight leg lifts Jump from medium beam and stick On low beam, forward walking on toes w/a	Front roll w/a Tuck jump off medium beam and stick Stork stand on low beam On low beam, forward walking on toes	Front roll w/a Star jump off high beam and stick Stork stand on medium beam Knee scale w/a Bunny hops on low beam	Developes Front roll on beam expander V-sit w/a Cat leap on low beam Releve w/a	Developes Front roll on beam expander Knee scale Cat leap on low beam Straight jump on low beam Releve on low beam Pivot turn w/a	Front roll on medium beam Front scale on low beam Back shoulder roll w/a Cat leap on low beam Tuck jump on low beam V-sit w/a Pivot turn

FLOOR

MINI 1	MINI 2	MINI 3	MINI 4	MINI 5	MINI 6	MINI 7	MINI 8	MINI 9
Sit in tuck position Straddle sit Pike sit	Mountain Table Log roll down incline	Front support Crab walk Front roll down incline w/a	Rear support Front roll down incline Back roll down incline w/a	One push up Front roll down incline to straddle sit Back roll down incline w/a Baby cartwheel w/a	Two push ups Front roll to stand Back roll down incline Kick to handstand w/a Attempted cartwheel over box Cat leap	One sit up Front roll to present Back roll down incline to front support Walk up cheese to handstand Tuck jump stick	Two sit ups Straight leg front roll Handstand against cheese Attempted cartwheel on floor Bridge w/a Star jump stick	Three push ups Three sit ups Handstand step down w/a Cartwheel Bridge Attempted pike or straddle jump

