

GYMNASTICS UNLIMITED

Kindergym Level 3

FLOOR	
1.	Bwd. Roll down incline from stand
2.	Cartwheel (both sides)
3.	Handstand lead-up to lunge
4.	Step leaps over low objects
5.	Bridge
BARS	
6.	Jump support 3 casts to Stand w/ straight body
7.	Pullover with box
8.	Shimmy across bar
9.	Hang from bar in tuck & pike positions
10.	Crab walks on Pbars
BEAM	
11.	Grapevine
12.	Flamingo walks
13.	Assemble'
14.	Forward roll on line
15.	Knee scales

LOCOMOTOR	
16.	Jump up series
17.	Squat on box jump off
18.	Skipping
19.	Red right, lemon left
20.	Stand up w/ one foot (no hands)
TRAMPOLINE	
21.	Tuck jump
22.	Straddle jump
23.	Sit/table/stand
24.	½ turn

Has successfully completed
KINDERGYM LEVEL THREE
of the
Gymnastics Unlimited
Skill Testing Program

