

Xcel Platinum Level 1-JO level 6:

Bars:

- Clear hip circle
- Kimp to cast handstand
- Giants on strap bar without spot
- 1 cast flyaway
- Baby giants/long hang pullover
- Sole circle
- Strap bar toe shoots
- Sole circle
- ❖ Cast handstand high bar
- ❖ Handstand pirouette
- ❖ Spotted giants on high bar
- ❖ Clear hip to handstand on strap bar

Beam:

- Split jump 180 degrees
- Split leap 180 degrees
- Backhandspring low beam
- Front walkover high beam
- Switch leap low beam 120 degrees
- Round-off low beam
- Cartwheel roundoff
- Cartwheel back tuck dismount
- ❖ Cartwheel back tuck dismount
- ❖ Work full and a half turn
- ❖ Front walkover low beam
- ❖ Round off
- ❖

Floor:

- Full and a half turn
- 150 degree split leap
- Straddle jump
- Switch leap 150 degrees

- Front handspring step out front handspring
- Front tuck
- Standing press handstand
- Front handspring front tuck
- Aerial
- Round off backhandspring, back tuck
- All three splits
- Front handspring step out front handspring
- ❖ Front tuck step out
- ❖ Round-off back handspring back pike on tumble trak
- ❖ Round-off back handspring, back layout on tumble trak
- ❖ Twisting drills on tumble trak
- ❖ Front layout tumble trak
- ❖ Front twisting drills on tumble trak
- ❖ Front pike
- ❖ Front tuck front tuck
- ❖ Stalder Press handstand

Vault:

- Front handspring perfect form
- ½ on
- Drills for tsuks
- Drills for chenko's