

# Intermediate Gymnastics

## Week One

### Day 1

- 9:00-9:10 Stretch and Warm up
- 9:10-9:25 Floor Tumbling (Explore)
- 9:25-9:40 Beam (Explore)
- 9:40-9:55 Bars (Explore)
- 9:55-10:15 Review/Cool Down

### Day 2

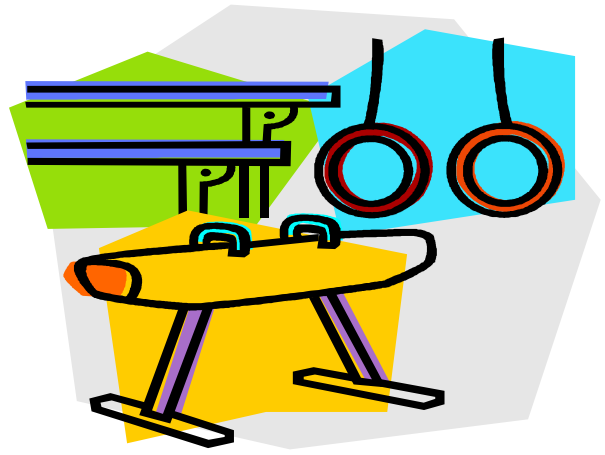
- 9:00-8:10 Stretch and Warm up
- 9:10-9:25 Floor Tumbling
- 9:25-9:40 Beam ( Build Up/ Dismount)
- 9:40-9:55 Bars (Build Up/ Dismount)
- 9:55-10:15 Review/Cool Down

### Day 3

- 9:00-9:10 Stretch and Warm up
- 9:10-8:25 Floor Tumbling
- 9:25-9:40 Beam (Balance/Walk)
- 9:40-9:55 Bars (Pull up Strength)
- 9:45-10:15 Review/Cool Down

### Day 4

- 9:00-9:10 Stretch and Warm up
- 9:10-8:25 Floor Tumbling
- 9:25-9:40 Beam (Balance/Walk)
- 9:40-9:55 Bars (Pull up Strength)
- 9:45-10:15 Review/Cool Down



# Week Two

## Day 1

- 9:00-9:10 Stretch and Warm up
- 9:10-9:25 Floor Tumbling (Explore)
- 9:25-9:40 Beam (Explore)
- 9:40-9:55 Bars (Explore)
- 9:55-10:15 Review/Cool Down

## Day 2

- 9:00-8:10 Stretch and Warm up
- 9:10-9:25 Floor Tumbling
- 9:25-9:40 Beam ( Build Up/ Dismount)
- 9:40-9:55 Bars (Build Up/ Dismount)
- 9:55-10:15 Review/Cool Down

## Day 3

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- 9:25-9:40 Beam (Balance/Walk)
- 9:40-9:55 Bars (Pull up Strength)
- 9:45-10:15 Review/Cool Down

## Day 4

- 9:00-9:10 Stretch and Warm up
- 9:10-8:25 Floor Tumbling
- 9:25-9:40 Beam (Balance/Walk)
- 9:40-9:55 Bars (Pull up Strength)
- 9:45-10:15 Review/Cool Down