

# Bronze

***\*Parents listed below are some of the things that your gymnast can practice at home for each event that will help them to progress to the next class level which is Silver.***

## Vault

- Running (speed is very important for this event)
- Arm Swing (making sure arms swing up by ears while jumping)
- Arm Circle (arms circle backwards)
- Hurdles (starting on one foot and landing with two feet)

## Bars

- Body positions (always keeping body tight and toes pointed)
  - Arch vs. hollow (arch (Superman) holds from stomach and the opposite hollow body holds)
  - Front support holds (holding push-up position with locked arms, head in and tight body)
  - Push-ups (good for conditioning; arm strength is very important for this event)
  - Candlestick holds (toes pointing up towards the ceiling)

## Beam

- Arabesque (Stand straight on good leg, arms out to the side, chin up, legs straight and tight, belly in. Lift the back leg up behind and squeeze the base leg very tight and straight, making sure not to drop the chest forward. The chest remains in an upright position as if standing straight and the lower back arches slightly. Hold a few seconds before returning to a stand.)
- Levers (Begin in a lunge, arms up, front leg bent slightly, back leg straight. Gradually reach forward, keeping the head between the arms, while lifting the back leg. The front leg straightens and pushes off the floor so the body passes through a T position while reaching forward to touch the floor with the hands. Staying tight, return to the lunge position.)

## Floor

- Basic stretches
- Splits (right, left, middle)
- Conditioning
  - Push-ups
  - Sit-ups
  - Alternating lunges
  - Squat jumps
  - Jumping jacks
  - Candlestick jumps