



Intermediate Sticker Chart

Gymnast: _____

Session: _____

Vault	Bars	Beam	Floor	Tumbl Trak	Strength/Flex
R & L leg run	Climb on, jump off, SLP	Whip swing to plank	Backward roll w/ straight arms	Wolf jump	15 Hollow rocks
Run straight jump onto 32" mat or higher	Squat on	Scale 90°	Back walkover	Straddle jump, tuck jump	10 Push ups
Handstand pop	Shoot through	¾ Handstand	Front limber	Split jump, split jump (120°)	20 Mountain climbers
Handstand pop to flat back	Stride circle	Side handstand dismount	Round off	Punch handstand x3	45 Second wall sit
Cartwheel to lock on board	Cast to horizontal	Split jump on low beam	Handstand forward roll	Push up bounce down TT	1 Minute jump rope
Donkey kicks to handstand from board	Sole circle dismount	Cartwheel on low beam	Back handspring down wedge	Handstand bounce	1 Minute plank hold
Handstand flat back on vault system	3 leg lifts	½ turn on low beam	Chassé, leap	Power hurdle round off	Split <3" from ground
Handstand walk 5 steps	3 pull ups	Leap to 90° on low beam	1/1 Turn in passé	Back handspring	Straddle <6" from ground
Handstand hold 3 seconds	5 sec. inverted hollow hold	Handstand side dismount to plank	Straddle jump	Front handspring over panel	Press handstand feet elevated

Recommendation for future session _____ Coach: _____

*This sticker chart is valid for 6 months after the end of the session.