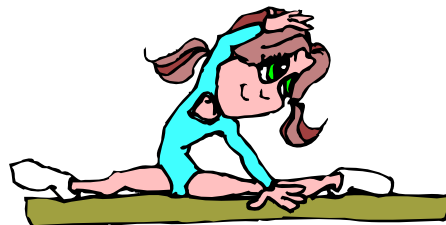


BEAM COMPLEX

All passes performed twice – once on flat foot and once on high toe:

- Relaxed walk with hands on shoulders
- Relaxed walk with hands on hips
- Passé walk with knees forward, knees side, then step
- Arabesque walk with legs straight high forward, high side, high back, and then step
- Grapevine side step
- Relaxed walk backward
- High *straight* stretched jumps
- Assemble’, stretched jump, pivot turn
- High *straight* stretched jumps backwards
- Split leaps
- Full turns – use various free leg positions
- Cross Handstands
- Side Handstands
- Cartwheels
- Scales – use various free leg positions; including arabesque’, attitude, passé, etc.
- Back walkovers
- Handstand pirouettes
- Back handsprings
- Round-offs
- Mounts and dismounts



BEAM WARM-UPS - 4 PASSES

- Fouette' hops in crown
- Arabesque hops (forward and backward)
- Long jumps - AGGRESSIVE
- Hollow hops, shoulders up
- Swing forward/back hops - stationary for leaps
- Connected split jumps - hips under
- Handstand step in 5 times - squeeze inner thighs, butt
- 5 back walkover back - handspring step in
- 5 handstands to lunge (can't see foot)

BEAM - CONDITIONING

- 20 beam push-ups
- Split handstand with partner; one leg under beam - push 10 times (both legs);
- Active pull 10 times
- Jump rope on beam, 3 minutes - push ankles, hips / shoulders square

