

## EXETER CHALLENGE ROUTINES 2011

### BAND 1 → GIRLS BORN 06/ 05

#### FLOOR:

6 walks on toes and half turn on 2 feet  
Balance  
Straight jump  
Bunny hop to finish in crouch  
Sit back in to v sit (3 secs)  
Sit in straddle with good posture (3secs)  
Sit in tuck rock backwards and forwards to stand  
Forward roll.

#### BEAM → HIGH BENCH:

Step on  
Walk on toes to middle and ½ turn on 2 feet  
Walk backwards to end on toes  
Straight jump, tuck jump  
Body wave  
Sit in tuck (3secs)  
Show V sit (3secs) and stand  
Skip to end and straight jump off

#### VAULT:

Box top → vaults averaged, must do 1 of each

Squat on walk to end and star jump off  
Walk to end and straight jump off

#### TRAMP:

Allowed springboard in front on tramp if want one → jumps averaged

1x straight jump  
1x star jump

#### PPP:

Sit ups x 2  
Press ups x2  
Burpees x2  
Sitting rope heaves x2  
Straddle hold x3 sec

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### BAND 1 → BOYS BORN 06/ 05

#### FLOOR:

6 walks on toes and half turn on 2 feet  
Balance  
Straight jump  
Bunny hop to finish in crouch  
Sit back in to v sit (3 secs)  
Sit in straddle with good posture (3secs)  
Sit in tuck rock backwards and forwards to stand  
Forward roll.

#### P BARS:

Jump to support  
Lift legs to half leaver (2secs)  
Show tuck shape (2secs)  
Lower legs to support  
2x swings  
Lower to stand.

#### VAULT:

Box top → vaults averaged, must do 1 of each

Squat on walk to end and straight jump off  
Squat on walk to end and star jump off

#### TRAMP:

Allowed springboard in front on tramp if want one → jumps averaged

1x straight jump  
1x star jump

#### PPP:

Sit ups x 2  
Press ups x2  
Burpees x2  
Sitting rope heaves x2  
Pike hold x3 secs to be done on 2 floor bar

## EXETER CHALLENGE ROUTINES 2011

### BAND 2 → GIRLS BORN 04/03

#### FLOOR:

Crouch, jump to front support, jump to crouch and stand  
6 walks forward on toes and half turn on 2 feet  
Balance  
Sit back in to V sit (hold 3secs)  
Sit in straddle with good posture  
Teddy roll  
Rock backwards and forwards to stand  
Jump ½ turn  
Forward roll  
Cartwheel.

#### BEAM: → HIGH BENCH

Step on  
Body wave  
Walk on toes to middle and ½ turn on 2 feet  
Straight jump, tuck jump  
Walk backwards on toes to end, balance  
Forward roll  
2x skips, walk to end and star jump dis.

#### VAULT:

Vaults averaged, must do 1 of each

1x squat on tuck jump off  
1x squat on jump ½ off.

#### TRAMP:

Jumps averaged

1x tuck jump  
1x jump ½ turn

#### PPP:

Sit ups x 4  
Press ups x4  
Burpees x4  
Sitting rope heaves x4  
Straddle hold x3 secs

## EXETER CHALLENGE ROUTINES 2011

### BAND 2 → BOYS BORN 04/03

#### FLOOR:

Crouch, jump to front support, jump to crouch and stand  
6 walks forward on toes and half turn on 2 feet  
Balance  
Sit back in to V sit (hold 3secs)  
Sit in straddle with good posture  
Teddy roll  
Rock backwards and forwards to stand  
Jump ½ turn  
Forward roll  
Cartwheel.

#### P BARS:

Jump to support  
2 hand walks  
Lift legs to half lever (2secs)  
Hold tuck (2 secs)  
Lower legs to support  
3 x swings and lower to stand.

#### VAULT:

Vaults averaged, must do 1 of each

1x squat on tuck jump off  
1x squat on jump ½ off.

#### TRAMP:

Jumps averaged

1x tuck jump  
1x jump ½ turn

#### PPP:

Sit ups x 4  
Press ups x4  
Burpees x4  
Sitting rope heaves x4  
Pike hold x3 secs to be done on 2 floor bars

## EXETER CHALLENGE ROUTINES 2011

### BAND 3 → BOYS BORN 02/01

#### FLOOR:

Crouch down rock backwards and forwards to stand  
Balance  
Handstand forward roll  
Backward roll to straddle  
Sit back in to straddle and teddy roll  
Roll over push up to front support jump to crouch and stand  
Forward roll  
Cartwheel  
Jump ½ turn  
Forward roll to straddle

#### P BARS:

Jump to support  
1x dip  
Lift legs to ½ leaver (2secs)  
1x swing to straddle support  
Lift legs forward in to 2 swings  
Face vault dismount

#### VAULT:

Vaults averaged, must do 2 different vault

Squat through  
Straddle Over  
Squat on jump 1/1 turn off

#### TRAMP:

Jumps averaged

1x straddle jump  
1x High dive roll

#### PPP:

Sit ups x 6  
Press ups x 6  
Burpees x 6  
Sitting rope heaves x 8  
Pike hold x3 secs to be done on 2 floor bars

## EXETER CHALLENGE ROUTINES 2011

### BAND 3 → GIRLS BORN 02/01

#### FLOOR:

Crouch down rock backwards and forwards to stand  
Balance  
Handstand forward roll  
Backward roll to straddle  
Sit back in to straddle and teddy roll  
Roll over push up to front support jump to crouch and stand  
Forward roll  
Cartwheel  
Jump ½ turn  
Forward roll to straddle

#### BEAM → HIGH BEAM

Jump on and walk on toes to end  
Straight jump, tuck jump  
Walk backwards on toes to end and balance  
2x chassis and catleap  
½ turn on 2 feet  
Forward roll tuck jump  
2x skips and walk to end, tuck jump off.

#### VAULT:

Vaults averaged, must do 2 different vault

Squat through  
Straddle Over  
Squat on jump 1/1 turn off

#### TRAMP:

Jumps averaged

1x straddle jump  
1x High dive roll

#### PPP:

Sit ups x 6  
Press ups x 6  
Burpees x 6  
Sitting rope heaves x 8  
Straddle hold x3 secs

## EXETER CHALLENGE ROUTINES 2011

### BAND 4 → GIRLS BORN 00/99

#### FLOOR:

Handstand forward roll  
Backward roll to straddle  
Sit back in to straddle and teddy roll  
Lie down, roll over and push in to front support jump to crouch + stand  
Forward roll  
Cartwheel  
Back roll  
Round off/ 1 handed cartwheel  
Forward roll to straddle, jump feet together  
Jump 1/2 turn

#### BEAM → HIGH BEAM

Squat or straddle on, 2x walks  
Forward roll  
Straight jump, tuck jump and walk backwards on toes to end  
2x chassis and body wave  
Balance, ½ turn catleap  
2x skips and walk to end, round off dis

#### VAULT:

Vaults averaged, must do 2 different vault

Squat through  
Straddle Over  
Squat on jump 1/1 turn off

#### TRAMP:

Jumps averaged

1x pike jump  
1x tucked front somi

#### PPP:

Sit ups x 8  
Press ups x 8  
Burpees x 8  
Sitting rope heaves x 10  
Straddle hold x3 secs

## EXETER CHALLENGE ROUTINES 2011

### BAND 4 → BOYS BORN 00/99

#### FLOOR:

Handstand forward roll  
Backward roll to straddle  
Sit back in to straddle and teddy roll  
Lie down, roll over and push in to front support jump to crouch + stand  
Forward roll  
Cartwheel  
Back roll  
Round off/ 1 handed cartwheel  
Forward roll to straddle, jump feet together  
Jump 1/2 turn

#### PPP:

Jump to support  
2x dips  
Lift legs to ½ leaver (2secs)  
2x swings to straddle support  
Lift legs forward in to 2 swings  
Face vault dismount.

#### VAULT:

Vaults averaged, must do 2 different vault

Squat through  
Straddle Over  
Squat on jump 1/1 turn off

#### TRAMP:

Jumps averaged

1x pike jump  
1x tucked front somi

#### PPP:

Sit ups x 8  
Press ups x 8  
Burpees x 8  
Sitting rope heaves x 10  
Pike hold x3 secs to be done on to floor bars

**EXETER CHALLENGE ROUTINES 2011**  
**BAND 5 → GIRLS BORN 98/97**

**FLOOR:**

Handstand forward roll  
Backward roll to straddle  
Sit back in to straddle and teddy roll  
Lie down, roll over and push in to front support jump to crouch + stand  
Forward roll  
Cartwheel  
Tuck jump, star jump and straight jump joined  
Jump 1/2 turn  
Round off  
1 handed cartwheel

**BEAM → HIGH BEAM**

Squat or straddle on, 2x walks  
Straight jump, tuck jump and walk to end on toes  
½ turn, forward roll straight jump  
½ spin on 1 foot, body wave  
Walk forward x 4 balance  
½ turn 3x skips, walk to end and round off dis.

**VAULT:**

Vaults averaged → chose 2

1x straddle vault  
1x headspring/ handspring  
1x squat or through vault (9.5)

**TRAMP:** Jumps averaged

1x jump full turn  
1x front somi  
(Can do high dive instead of somi but is only worth 7.00 instead of 10.00)

**PPP:**

Sit ups x 10  
Press ups x 10  
Burpees x 10  
Sitting rope heaves x 12  
Straddle hold x3 secs

## EXETER CHALLENGE ROUTINES 2011

### BAND 5 → BOYS BORN 98/97

#### FLOOR:

Handstand forward roll  
Backward roll to straddle  
Sit back in to straddle and teddy roll  
Lie down, roll over and push in to front support jump to crouch + stand  
Forward roll  
Cartwheel  
Tuck jump, star jump and straight jump joined  
Jump 1/2 turn  
Round off  
1 handed cartwheel

#### P BARS:

Jump to support  
½ turn to 1 bar and cont to face other way  
half leaver (2secs)  
2x swings to straddle support  
lift legs in to 2 swings

#### VAULT:

Vaults averaged → chose 2

1x straddle vault  
1x headspring/ handspring  
1x squat or through vault (9.5)

#### TRAMP: Jumps averaged

1x jump full turn  
1x front somi  
(Can do high dive instead of somi but is only worth 7.00 instead of 10.00)

#### PPP:

Sit ups x 10  
Press ups x 10  
Burpees x 10  
Sitting rope heaves x 12  
Pike hold x3 secs to be done on floor bars