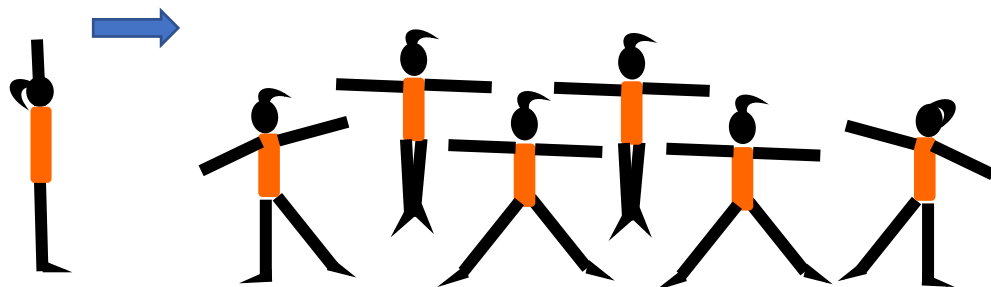
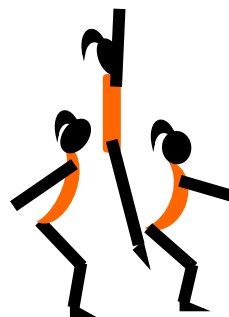


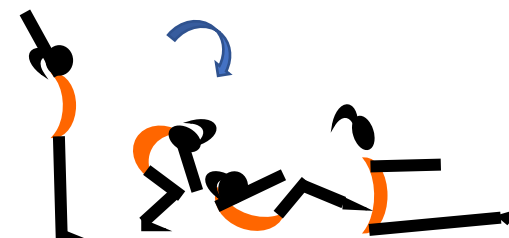
Deerness Gymnastics Club Set Level Prep



Stand with Good Posture (2secs) Side Chasse Steps(no more than 3)



Stretch jump



Forward Roll to Straddle Sit



Dish to Dorsal Raise 180 roll



Lie flat



V sit (2secs)



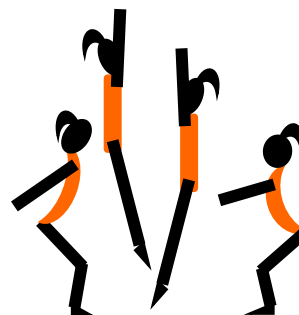
Straddle Sit (2 sec)



Front Support jump to crouch



180 Turning Jump



Kneel with Good Posture