



# Ruby



|             |   |
|-------------|---|
| Beam        | Mount the beam with a straddle and a swing to squat     |
| Bars        | 3 casts on the low bar showing good hip distance        |
| Vault       | Straddle onto vault                                     |
| Trampet/DMT | Jump and forward roll onto the mats from DMT or Trampet |
| Balance     | Frog balance  |
| Floor       | 1 handed cartwheel                                      |
| Floor       | Bend back to bridge                                     |
| Floor       | Full spin on toes                                       |
| Floor       | V-sit held for 5 seconds                                |
| Floor       | Backwards roll on the floor                             |