

SPORTS PROGRAM STUNTS AND RECORD PERFORMANCES

On Floor (All Out)

1. *Balance on toes*

Stand on one foot, eyes closed, hands clasped over head. (Record—49 secs.)



2. *Forearm balance*

Place forearms on floor, palms down, head up—kick up to a balance. (Record—1 min. 47 secs.)



3. *Hand balance*

Stand motionless on one spot on hands. (Record—1 min. 50 secs.)



4. *Hand walk (floor)*

Walk on hands while in the hand balance position. (Record—186 ft.)



5. *Hand walk—(Low parallels)*

Walk the length of parallel bars, turn and walk back, etc. (Record—6.)



6. *Kneeling back—bend*

Take a kneeling position, hands behind the head, lean backward so that head touches the floor. (Record—64.)



7. *Leg lifts and Sit-ups*

Lie flat on back, lift legs so they are perpendicular to the deck, then lower, continue . . . Sit-up from flat on back, hands behind head, feet not anchored. (Record—500/500.)



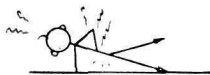
8. *Left side support*

Take a prone position, roll to side leaning position, balance on left arm and left leg, lift right leg up sideways. (Record—130.)

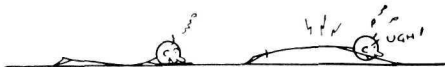


9. *Right side support*

Take a prone position, roll to side leaning position, balance on right arm and right leg, lift left leg up sideways. (Record—130.)

10. *Extension press-up*

Lie on deck, arms outstretched, palms down, legs together and straight. Head held down and shoulders kept low. Press forward with toes so body is raised from the deck, hold body about 5-6 inches from the deck. (Records—4 min. 15 secs.: no. of times—25.)

10a. *One arm extension press-up*

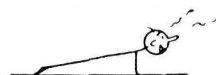
Same as 10 using one arm. (Record—2 mins.)

11. *Push-ups on hands*

Lie on abdomen, hands at side of chest, fingers straight, body rigid, push up and down. (Record—325.)

12. *Push-ups on fingers*

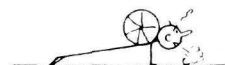
Lie on belly, hands under chest. Push body from deck to straight arm support, using finger tips, not flat of hand. (Record—84.)

13. *Push-ups slapping chest*

Do push-ups. At the top of push-up lift hands from deck and slap chest with hands. (Record—75.)

14. *Push-ups with 9 lb. medicine ball*

Same position as for push-ups on hands, except a 9 lb. medicine ball is balanced by a helper on the shoulders. (Record—305.)



15. *One arm push-ups*

Take a prone position same as for push-ups from deck. Place one hand behind the back and press up. (Record—84.)

16. *One-half lever*

Sitting position, place hands at side, lift feet and buttocks from deck. Legs are then parallel to the deck. (Record—80 secs.)

17. *Sit-ups (feet not anchored)*

Sit with legs together and straight, fingers laced, back of neck, lie back and sit up. The feet may be lifted slightly. (Record—2326. Sit-ups, Inclined Board—47.)

17a. *Sit-ups—back arched*

Touch deck with back of head only. (Record—75)

18. *Skip forward and backward over leg*

Hold to one toe with one hand. Hop forward and backward over leg without releasing grasp. (Record—34½.)

19. *Squat (Right leg forward)*

Place hands back of neck. Squat on left foot, hold right leg straight forward. (Record—47.)

20. *Squat (Left leg forward)*

Same as 19; holding left leg straight forward. (Record—41.)

20a. *Jump over stick*

Hold stick at shoulder width. Jump over stick maintaining grasp. (Forward and backward equals once.) (Record—41½.)



21. *Wrestler's bridge*

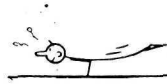
Head placed on mat, arms on chest, feet spread apart, body slightly flexed at hips. Turn over to back position and then to front position without touching hands to deck. (Record—33.)

22. *Eight foot jump agility test*

Jump from eight foot platform, land on both feet, perform a forward roll, sideward roll, backward roll, respectively. Time is taken when feet hit on landing from platform. (Record—2.5 secs.)

23. *Elbow lever on deck*

Body supported on elbows (in the belly) with hands on deck, body straight, feet together, head up. (Record—3 min. 46 secs.)

24. *Forearm balance walk for distance*

Balance on forearms then walking forearm over forearm for distance. (Record—43' 9".)

25. *Hand walk fifty feet for time*

Walking on hands from a running start. (Record—8.3 secs.)

26. *Handwalk with 9 lb. medicine ball*

Same as 25 with 9 lb. medicine ball between knees. Ball must be kept in position by performer. (Record—132 feet.)

27. *Headbalance to handbalance*

Headbalance, press up to hand balance, then lower to head balance again. (Record—8.)



28. *Headbalance; Straight leg lifts*

Headbalance, lower legs (straight) and touch deck and getting back to headbalance each time. (Record—45.)

29. *Push-ups; Crab position*

Backbend position, bend arms and touch back of head then push back to original position. (Record—91.)

30. *Squat balance touch knees*

Supporting body on elbows, knees outside arms, head up, release knees from elbows and touch together. Return back to elbows each time. (Record—45.)

31. *Squat jumps*

Placing hands on top of head, fingers interlocked, feet 6 inches apart, squat down and sit on rear heel, keeping body erect at all times. Jumping up and change position of feet (6 inches) and landing in squat position. (Record—156.)

32. *Wrestler's turnover on medicine ball*

With head resting on medicine ball, hands are free, turn over to wrestler's bridge (head resting on ball, body arched and feet on mat), then turning back again to original position. (Record—33.)

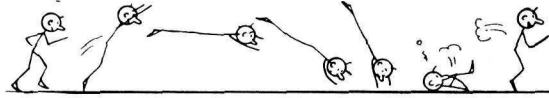
33. *Wrist twist*

Grasping wand with weight suspended to the floor. Hold at arms length and turn wand by wrist action until weight is under wand. Release weight to floor and twist wand lifting weight off the floor. Arms up opposite shoulders at all times. (Record—91½.)



34. *Diving roll*

Run and dive for distance, completing dive in forward roll. (Record—14' 4".)

35. *Number of sit-ups in five minutes; feet unanchored*

Lying flat on deck, hands back of neck, sitting up, keeping feet on deck, unanchored. (Record—132.)

36. *Number of sit-ups in five minutes; feet anchored*

Same as 36, feet anchored in any fashion. (Record—157.)

37. *"V" position*

Sitting position; legs straight; hands behind head; lift legs 6 inches above deck. Hold for time. (Record—20 min. 25 secs.)

38. *Forearm balance to hand balance*

Press from forearm balance to a hand balance. (Record—2)

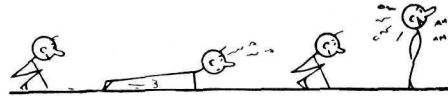
39. *V-Roll*

From a seat on the deck, raise both legs and bend the trunk forward forming at least a 90 degree "V" position balancing on the buttocks; arms extended forward upward to maintain balance. Hold momentarily. Roll right or left over the hip and come to a prone swan balance on the lower abdomen—hold momentarily. Return to "V" position by turning over the opposite hip. From "V" position to swan balance back to "V" position constitutes one "V" roll. (Record—32)



40. *Burpees*

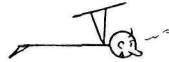
From a stand, take a crouch sitting position; then a stoop falling position; back to a crouch sitting position and return to stand. These four successive movements constitute one burpee. (Record—40 in 30 secs.)



On High Bar

1. *Back lever*

Ordinary grasp on bar, pull through from hang position to half lever, legs straight, head up. (Record—53 secs.)



2. *Front lever*

Lifting body to a horizontal position by use of hands and arms. (Record—19.5 secs.)



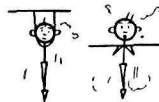
3. *Belly grinds*

Start from hanging position (ordinary grasp), pull legs up and over the bar, end up in hanging position. (Record—26.)

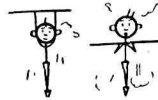


4. *Chins*

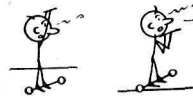
A. Use ordinary grasp, thumbs around the bar; straight pull-ups—no swing. (Record—46.)



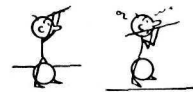
B. Use reverse grasp; straight pull-up—no kicking, chin even with bar. (Record—46.)



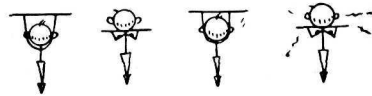
C. Use reverse grasp. Hold 50 lb. weight on instep. (Record—11.)



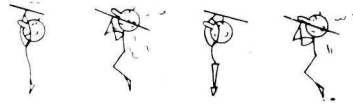
D. Use reverse grasp. Hold 9 lb. medicine ball between feet. (Record—21.)



E. Use ordinary grasp. Wide arm spread, pull up and touch back of neck. (Record—20.)



F. Grasp forearm of the one arm holding on to bar. (Record—21.)



G. Same only grasp bicep instead of forearm. (Record—6.)



H. Ordinary grasp; raise legs to half lever, instead of hanging straight down. (Record—21.)

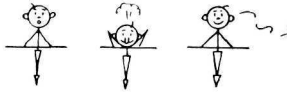


I. One finger chins. (Index fingers.) (Record—14.)

J. One arm chins. Chin with one arm. (Record—2.)



R. Chin dips. From front rest lower arms to chin and push-up to rest. (Record—15.)



5. *Pull up both hands leading*

Jumping and grasping high bar with over grasp and pulling body to front rest position. Lower down to hang and repeat. (Record—12.)



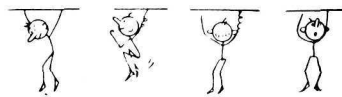
6. *Fence vault*

Stand grasp both bars, spring off from both feet over bar without touching any point of the body except the hands. (Record—6' 3".)



7. *Monkey hang*

Start from hanging position, ordinary grasp on high bar. Bring legs up and through arms, allow legs to drop through as far as possible, then drop one hand and pivot on one arm until your body makes one complete turn, then grasp bar with free hand—repeat. (Record—20.)



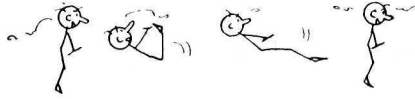
8. *Skin the Cat*

Come to a hang on the bars, flex at hips and pull through to inverted hang—return. (Record—25.)



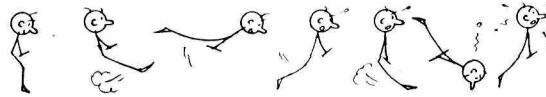
9. *Drop kips*

From front rest position, drop to kip position and kip to rest. (Record—25.)



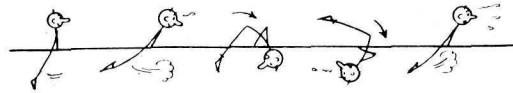
10. *Free Hip Circles*

From a front rest execute a series of free hip circles. (Record—19.)



11. *Forward Hip Circles*

From a front rest execute a series of forward hip circles. (Record—42.)



12. *Giant swings*

Swinging by hands in a complete circle, (Forward—backward). (Record—20.)

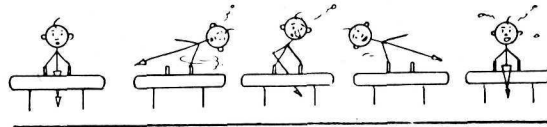


On Side Horse

1. *Giant Hip Circles*

Swing legs around horse over both pommels. (Record—28.)

2. *Scissors Ordinary* (Record—58.)



On Low Bar

1. *Short underswing dimount for distance*

(From high bar lowered to chin height) Grasp high bar with ordinary grasp, bring instep of one foot to bar and then swing under the bar and kick both legs out and push with hands. Land out for distance. (Record—10' 3".)



Parallels1. *Dips*

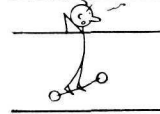
A. Grasp the ends of the parallel bars. Push up to straighten the arms, let down and push up. feet do not touch the floor. (Record—34.)



B. Reverse Grasp. (Record—20.)



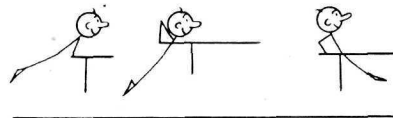
C. Same as A. 50# weight on instep. (Record—15.)



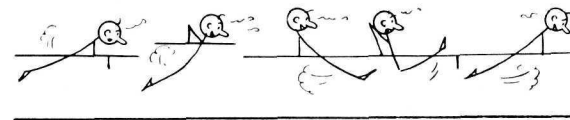
D. Swinging dips backward. Swing from shoulders, dip on back end of swing to bent arm and raise on forward swing. (Record—30.)



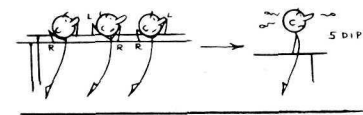
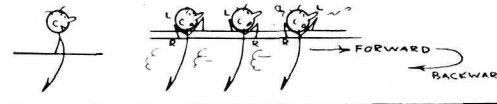
E. Swinging dips forward. Swing from shoulders, dip on forward swing and raise on backward swing. (Record—43.)



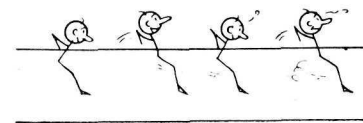
F. Swinging dips Backward and Forward. On each forward and backward swing, bend and come to straight arm support. (Record—31.)

2. *Grasshopper Walk Forward and Dips*

Grasp ends of the bars, hold body in a full bent arm position. In this position walk forward to the opposite end of the bars and straighten out the arms-up and down. (Record—29.)

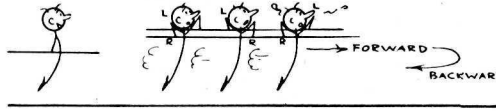
2a. *Grasshopper Walk Backward and Dips* (Record—31.)3. *Grasshopper Jump and Dips*

Start at one end of bars. Straight arm support. Bend at elbows. From this position, hop the length of bar, at end do dips. (Straighten arms then bend, then straighten, etc.) (Record—29.)



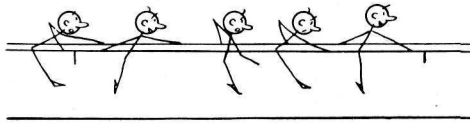
4. *Grasshopper Walk forward and backward and dips*

Walking length of bars in bent arm position, forward and backward then executing dips at end of bars. (Record—22.)



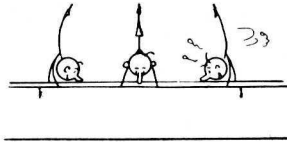
5. *Lion's Crawl and Dips*

Same beginning position as the Grasshopper Walk. Walk with one hand as far forward as possible and push out by straightening the arms. Repeat the entire length of the bars and then at end of bars straighten out the arms up and down. (Record—16.)



6. *Pirouettes*

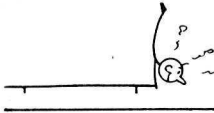
Handbalance on both bars—bring right hand to the bar which the left hand is on. Hold handbalance on that one bar. Now bring left hand backwards to the bar that right hand was on originally. Hold that balance . . . that completes a pirouette. (Record—8.)



Low Parallels

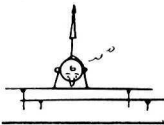
1. *Handbalance*

Stand on hands for time. (Record—2 mins. 16 secs.)



2. *Handbalance on one bar*

Handbalance on one bar for time. (Record—60 secs.)



3. *Pushups*

Front leaning rest on bars, push-ups similar to floor push-ups. (Record—202.)



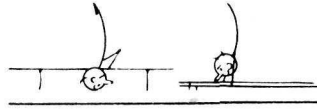
4. *Parrot Handbalance on Parallel Bars*

Handbalance on one bar. (Record—24 secs.)



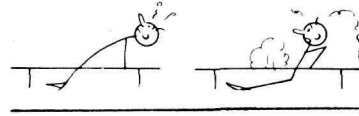
5. *Shoulder balance to handbalance*

On low parallels. Push to handbalance from a shoulder balance. (Record—6.)



6. *Push-ups (Back)*

Sitting on floor between bars reaching backwards, support body on hands on bars, raise body, tossing head back each time body is lifted upward to a support rearways. (Record—89.)



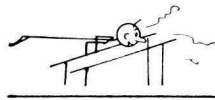
7. *Turn-table (legs in 1/2 lever)*

Support body with arms, lift legs parallel to mat, swing legs over left bar, bring right hand to left bar; then bring left hand back to bar right hand was on originally, throughout this movement, legs are not allowed to touch the bars. (Record—32 1/2.)



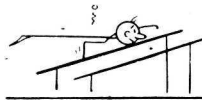
8. *Elbow lever*

Both elbows on belly and body in horizontal plane; supported by hands on bars. Body straight, head up. (Record—3 min. 30.5 secs.)



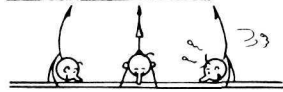
8a. *One Hand Elbow Lever*

Body supported on one elbow.

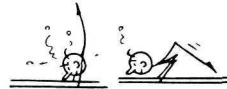


9. *Pirouettes*

Handbalance, then pirouetting counting 1/2 turn as one pirouette. (Record—9.)



10. *Straight Leg Bend Arm Press to Hand Balance*



Ropes

2. *Rope Climb 20 feet*

Single rope climb, hand over hand, starting from sitting position. (Record—4.9 secs.)



2. *Ropes. Double rope climb*

Same as 1 using two ropes. (Record—7.3 secs.)



3 *Ropes with 27½ # pack (parachute pack)*

Same as 1 with weight on shoulders, sacks on shoulders. (Record—8.2 secs.)



4. *Inverted Rope Climb*

Climb with feet overhead (Record—7 secs.)



Rings

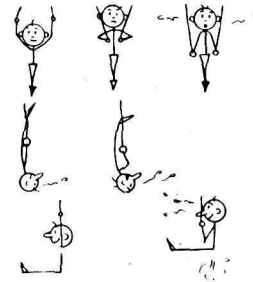
1. *Handbalance*

On still rings. (Record—45 secs.)



2. *Pull-ups both hands leading*

Grasping rings, overgrasp, pull to front rest. Lower body and repeat. (Record—9.)



Inverted Hang

Pull-ups in Inverted Hang position. (Record—36)

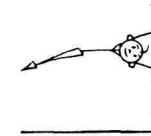
Chins—legs in Half Lever

Pull-ups with legs in Half Lever position. (Record—20)

Stall Bars

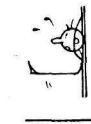
1. *Flags*

Very wide grasp on bars and pulling body up to a horizontal position. Arms straight and legs even with hips. (Record—23 secs.)



2. *Leg lifts*

Hang raise straight legs to half lever or "L" position then lower and repeat. (Record—81 times.)



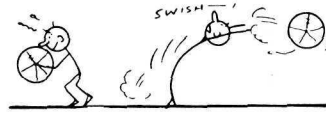
3. *½ Lever with 9 # medicine ball*

Supporting medicine ball on legs while in "L" position, body suspended from top stall bar. (Record—41 secs.)



Medicine Ball**1. 9 lb.—throw for distance**

With back to field, medicine ball between hands, bend forward and bring ball between knees; throw it back over the head for distance. (Record—50 ft.)

**2. 6 lb. throw for distance**
63' 6"

Straight legs bent as in press hand balance, 7

Squat Balance, 2 min. 48 secs.

Punching Bag

Hitting punching bag, 225 per min.

Snap-ups, 144

Best all-round gymnast

The performer showing the best all-around ability on all apparatus.

Best doubles team

The two performers working together as a team and showing the best progression.

Best triples team

Same as above on three best men working as a team.

Best performer

High Bar; Parallel Bars; Side Horse; Long Horse; Trampoline; Tumbling; Flying Rings.

**POST THESE RECORDS:
WHAT ARE
YOUR RECORD
PERFORMANCES?**