

2021 DEVELOPMENT PROGRAM - REQUIRED SKILL PROGRESSION BY LEVEL

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Things to remember when considering "required" elements and the GymCan program:

- all body difficulty skills for routines with apparatus are completely optional
- there are optional skills in FREE
- the required skills are designed to create healthy age-appropriate progression with a goal of building juniors who arrive in their FIG level healthy, skilled and balanced (right/left, front/back



2021 DEVELOPMENT PROGRAM - REQUIRED SKILL PROGRESSION LADDERS

Please review the skill progression ladder below from the bottom-up.

