

# Paired Gymnastic balances.

| Difficulty              | Tips   | Paired balances. |                |        | Counter balancing:  |
|-------------------------|--|------------------|----------------|--------|---|
| ★★                      | <ul style="list-style-type: none"> <li>Always complete on mat.</li> <li>Ensure full extension.</li> <li>Hold for 3s</li> <li>Keep tension in your core.</li> </ul> |                  |                |        | <p><b>Counter balancing:</b></p> <ul style="list-style-type: none"> <li>Trust each other as you lean away.</li> <li>Keep a strong posture throughout the whole balance.</li> <li>Ensure participants know roles when top and base.</li> <li>Bases need to have a strong centre of gravity.</li> </ul> |
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| ★★★                     | <ul style="list-style-type: none"> <li>Always complete on mat.</li> <li>Ensure full extension.</li> <li>Hold for 3s</li> <li>Keep tension in your core.</li> </ul> |                  |                |        |   |
| <u>Routine Pointer:</u> | START:<br>Individual Balance   | Travel           | Paired balance | Travel | Individual Balance:<br>FINISH   |

Key words:

Control.

Extension.

Tension.

Balance.