

**AEROBIC GYMNASTICS
CAN-GYM LIST OF ELEMENT VALUES
Group A – Dynamic Strength**

Group A	Dynamic	FIG 0.20	Strength FIG 0.30	Group A FIG 0.40
OFSAA/CANGYM 0.10 NON-FIG	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
A001 Tricep PushUp with Knees onFloor or Straddle Push Up		A102 1 Leg PushUp	A103 1 Arm PushUp	A104 1 Arm 1 Leg PushUp A1014* Tricep PushUp(.40)
A011 Lateral Knee PushUp		A112 Straddle Lateral PushUp		A114 1 Arm Straddle Lateral PushUp
A021 1 Arm Push Up from the knees			A123 1 Leg Lateral PushUp A1223Lateral PushUp	
A031 1 Leg PushUp on Knee		A 132 Hinge Pushup	A133 1 Leg Hinge PushUp	A134 1 Arm Hinge PushUp
		A 142 Wenson Pushup	A143 Wenson Hinge	
A041 Free Fall or Free Fall from Knees			A153 Lifted Wenson PushUp	A154 Lifted Wenson Hinge or Lateral PU
A051 PushUp Hops (Feet remain on Floor)		A172 Plio PushUp Airborne	A163 PushUp 1/1 Twist PushUp	A164 PushUp 1/1 Twist to Wenson
A061 Squat to Front Support		A222 High V Support to Back (Rear) Support		A184 A Frame A204 Straddle Cut A224 High V Support to Splits
A071 Single Leg Circle or From PushUp Single Leg Circle			A263 Double Leg ½ Circle	
A081 Double Leg ½ Circle to seated L position				A304 Helicopter
				A314 Helicopter to Splits

*Refer to Aerobic Gymnastics FIG Code of Points for
Element Values 0.5 – 1.0 at www.fig-gymnastics.com*

**AEROBIC GYMNASTICS
CAN-GYM LIST OF ELEMENT VALUES
Group B - Static Strength Supports**

GROUP B	STATIC		STRENGTH	GROUP B
OFSAA/CANGYM 0.10 NON FIG	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
B 001 Front Support		B002* * Straddle Support 1 Hand in Front & 1 Hd Behind	B103 Straddle Support ½ Turn B1023* (.30) Straddle Support	B104 Straddle Support 1/1 Turn B114 1 Arm Straddle Support
B 011 Rear Support				
B 021 L-Support, feet on floor			B1423* L Support	B144 L-Support 1/1 Turn B1434 L-Support ½ Turn
B 031 Seated Straddle Support 1Leg Raised			B 183 Straddle V Support	B184 Straddle V Support ½ Turn
B 041 Seated straddle Support				
B 051 Tucked V Sit				
B 061 Static Wenson Support			B263 Lifted Static Wenson Support	
B071 Full Support Straddle Lever with 1 or both feet on ground		B222 Full Support <u>Straddle</u> Lever	B223 Full Support <u>Straddle</u> Lever ½ Turn	
B 081 1 Arm Side Support or 1 Arm/leg variation Side Support			B233 1 Arm Full Support <u>Straddle</u> Lever	B 234 1 Arm Full Support <u>Straddle</u> Lever ½ Turn
B 091 Tuck Support			B243 Full Support Lever	B244 Full Support Lever ½ Turn
B 0101 Sagital Scale				B 254 1 Arm Full Support Lever

Refer to Aerobic Gymnastics FIG Code of Points for Element Values 0.5 – 1.0 at www.fig-gymnastics.com

AEROBIC GYMNASTICS
CAN-GYM LIST OF ELEMENT VALUES
Group C Jumps & Leaps

GROUP C	JUMPS	&	LEAPS	GROUP C
CAN-GYM 0.10	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
C001 Straight Jump C011 Air Jack		C0102 ½ Air Turn	C103 1/1 Air Turn	C104 1 ½ Air Turn
C031 Straight Jump to Lunge, slide to Incomplete Split OR Straight Jump to Straddle slide to prone split			C113 ½ Air Turn to Splits C0113 *½ Air Turn to Lunge, slide into Split or ½ Air Turn to Straddle, slide into Prone Split	C114 1/1 Air Turn to Splits
			C143 Free Fall Airborne	C144 Airborne C154 Airborne FreeFall to 1 Arm PU
				C184 Gainer ½ Twist C194 Gainer ½ Twist to Frontal Split
C041 Sagital Scale Fall to PushUp		C222 Sagital Scale Airborne to PushUp	C223 Sagital Scale Airborne to 1 Arm PushUp	C224 Sagital Scale Airborne 1/1 Twist to PushUp C234 Sagital Scale Airborne 1/1 Twist to Frontal or Prone Split
		C262 Tuck Jump	C263 ½ Turn Tuck Jump C273 Tuck Jump to Splits C0273 * Tuck Jump to Lunge, slide into Sagital Split OR Tuck Jump to Straddle slide into Prone Split	C264 1/1 Turn Tuck Jump C274 ½ Turn Tuck Jump to Splits C304 Tuck Jump to PushUp
			C553 Straddle Jump	C554 ½ Turn Straddle Jump C564 Straddle Jump to Splits
			C343 Cossack (Wolf) Jump	C344 ½ Turn Cossack (Wolf) Jump C354 Cossack (Wolf) Jump to Splits
			C433 Pike Jump	C434 ½ Turn Pike Jump C444 Pike Jump to Splits

C 051 Stride Leap			C673 Split Leap C713 Split Jump C633 Frontal Split Jump C0673 ** Frontal Split Leap (Split Leap ¼)	C674 Split Leap ½ C714 Split Jump ½ C724 Split Jump to Split C634 ½ Turn Frontal Split Jump C644 Frontal Split Jump to Frontal or Prone Splits C754 Switch Split Leap
C061 Hitch Kick OR Cat Leap* (OFSAA)		C832 Scissors Kick		C914 Butterfly
C071 Double Fan Kick				
GROUP C CAN-GYM 0.10	JUMPS FIG 0.10	& FIG 0.20	LEAPS FIG 0.30	GROUP C FIG 0.40

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AEROBIC GYMNASTICS
CAN-GYM LIST OF ELEMENT VALUES
Group D – Balance/Turns/Flexibility

GROUP D	BALANCE	TURNS	FLEXIBILITY	GROUP D
CAN-GYM 0.10	FIG 0.10	FIG 0.20	FIG 0.30	FIG 0.40
D 001 ½ Turn		D142 1/1 Turn	D143 1 ½ Turn	D144 2/1 Turn D154 1/1 Turn To Vertical Split
			D183 1/1 Turn Leg at Horizontal	D184 1 ½ Turn Leg at Horizontal
D011 X-Scale, at 90° D021 Frontal or Sagital Balance D021 Frontal or Sagital Balance Free Support				D224 Frontal or Sagital Balance 1/1 Turn – Leg supported by 1 Hand
D031 4 Consecutive Sagital Waist High Leg Kicks 1/1 Turn D041 Seated Fan Kick	D301 4 Consecutive Sagital High Leg Kicks (Shoulder Ht.)	D302 4 Consecutive Sagital Leg Kicks Vertical	D303 4 Consecutive Sagital Leg Kicks Vertical 1/1 Turn	D304 4 Consecutive Sagital Leg Kicks Vertical 1 ½ Turn
D051 Incomplete Split or Stride Hold	D101 Sagital Splits	D102 Vertical Splits (Needle)	D113 Free Vertical Splits	D264 Illusion
D061 <u>Supine</u> Straddle/Pike or Split D071 Start in Supine Split roll to Split			D123 Split Roll D133 Split Through (Pancake)	
D081 Straddle Sit – Passive				
D091 Straddle Sit - Chest resting on Floor	D131 Frontal Splits			

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