



**SWISS AEROBIC GYMNASTICS / GYMNASTIQUE AEROBIC SUISSE /
GINNASTICA AEROBICA SVIZZERA / AEROBICA GIMNASTICA SVIZERA**

Elements of Level 1





Elementenliste Level 1 / Lista degli elementi Livello 1 / Liste des éléments Level 1

Obligatory elements:


Das Level 1 ist für Vereine, die mit Aerobic Gymnastics erst anfangen.

Le niveau 1 est pour les clubs qui commencent la gymnastique aérobic.


Il livello 1 è per i club, che iniziano con ginnastica aerobica.

Dynamic (A)	Static (B)	Jumps (C)	Flexibility (D)
push up 	L-support 	1/1 air turn 	1/1 turn 

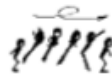
Dynamic, A:

A 101	0.1	<ol style="list-style-type: none"> 1. Front support. 2. Perform a push up with the downward and the upward phase. 3. Return to front support. 	
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Static, B:

B 132	0.2	<ol style="list-style-type: none"> 1. Seated legs together. 2. Both hands are placed at the side of the body close to the hips. 3. The body is supported by both arms with only the hands in contact with the floor. 4. Hips are flexed and legs parallel to the floor. Hold for 2 seconds. 	
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Jumps, C:

C 103	0.3	<ol style="list-style-type: none"> 1. A two-foot take off with the body vertical, fully extended. 2. While airborne the body turns 360°. Position of arms is optional. 3. Landing with feet together. 	
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Flexibility, D:

D 142	0.2	<ol style="list-style-type: none"> 1. Standing on one leg. 2. A full turn (360°) is performed. 3. Optional placement of the free leg and arms. 4. Standing on one or both legs. 	
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If you want, you can do more additional elements in your routines. Therefore you can use the Code of Points of the FIG. You can find it at our website under "downloads". Additional elements are NOT obligatory.

Additional elements of the Code of Points FIG 2017-2020 of the Olympic cycle:

Talents (6-8 years)	National development (9-11 years)	Age group 1 (12-14 years)	Age group 2 (15-17 years)	Seniors
maximum 2 more elements	maximum 2 more elements	maximum 4 more elements	maximum 5 more elements	maximum 5 more elements
Till 0.2 value of CoP.	Till 0.2 value, one 0.3 value of CoP.	Till 0.3 value, one 0.4 value of CoP.	Till 0.4 value, one 0.5 value of CoP.	Till 0.4 value, one 0.5 value of CoP.

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