

Warmup Chart

# of Gymnasts	Level 4	Level 5/6	Level 7*	Level 8-10
1	0:45	1:00	1:30	2:00
2	1:30	2:00	3:00	4:00
3	2:15	3:00	4:30	6:00
4	3:00	4:00	6:00	8:00
5	3:45	5:00	7:30	10:00
6	4:30	6:00	9:00	12:00
7	5:15	7:00	10:30	14:00
8	6:00	8:00	12:00	16:00
9	6:45	9:00	13:30	18:00
10	7:30	10:00	15:00	20:00
11	8:15	11:00	16:30	22:00
12	9:00	12:00	18:00	24:00
13	9:45	13:00	19:30	26:00
14	10:30	14:00	21:00	28:00
15	11:15	15:00	22:30	30:00
16	12:00	16:00	24:00	32:00

*Note: If **Optional** sessions have more than one level, including Level 7, the timed warm-up time is 2 minutes. (refer to R&P pg. 39)