

SÚPU FUNDUR

OFF SEASON



23.5. 2025

KIDDI, MARGRÉT, MICHAL

SENIOR STÖKK HLUTI

SEN STÖKK - KVK

	FIBER		TRA	
	FRAM	AFTUR Á BAK	TRA	HESTUR
GRUNN LYKLAR	HEIL KRAFT RUDY	ARABA FLIKK D STRAIT	FULL HALF	YFIRSLAG STRAIT
AUKA LYKLAR	HEIL KRAFST 720°	ARABA FLIKK D TUCK 360°	RUDY OUT	YFIRSLAG RUDY
MASTER LYKLAR	LOKA MÓMENT MEÐ D OUT	ARABA FLIKK D STRAIT 360°	FULL RUDY	

SEN STÖKK - KK

	FIBER		TRA	
	FRAM	AFTUR Á BAK	TRA	HESTUR
GRUNN LYKLAR	HEIL KRAFST RUDY	ARABA FLIKK D STRAIT	FULL HALF	YFIRSLAG STRAIT YFIRLSAG RUDY
AUKA LYKLAR	LOKA MÓMENT MEÐ D OUT	ARABA FLIKK D STRAIT 360°	TRIPPLE OUT	YFIRLSAG RANDY
MASTER LYKLAR	LOKAMÓMENT FULL HALF TUCK	ARABA FLIKK D STAUT 720°	TRIPPLE PIKE TRIPPLE MEÐ SKRÚFUM	YFIRSLAG RUDY YFIRSLAG TVÖFALT

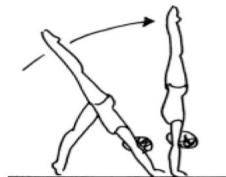
SENIOR DANS HLUTI

SEN KVK - DIFFICULTY ELEMENTS

BALANCES

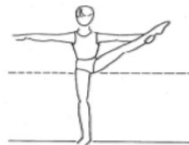
- **HANDSTAND** HB1001
- **SIDE BALANCE WITH HELP OF HAND 180°** (*both legs*) SB801
- **SIDE BALANCE 120°** (*both legs*) SB805
- **BRIDGE - LEG VERTICAL** (*both legs*) HB803

HB1001



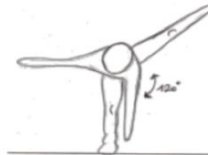
Handstand

SB801



Leg separation 180°

SB805



Leg separation 120°

HB803



Leg vertical

SEN KVK - DIFFICULTY ELEMENTS

JUMPS LEAPS HOPS

- **SCISSORS LEAP WITH TW. 180°** (*to the left*) J807
- **SWITCH LEAP WITH TW. 180°** (*both legs*) J812
- **SPLIT LEAP TO STRADDLE PIKE WITH TW. 180°** (*to the left*) J810
- **TUCK HOP WITH TW. 360°** (*to the left*) J816

J807



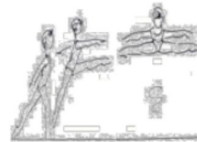
Leg separation 135°

J812



Leg separation 180°

J810



Twist 180°
Leg separation 135°



J816



Twist 360°

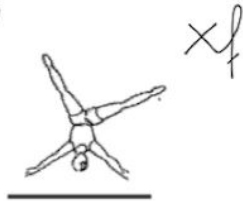


SEN KVK - DIFFICULTY ELEMENTS

ACROBATIC ELEMENTS

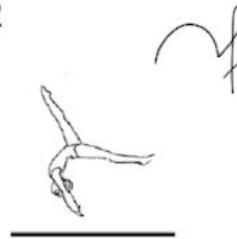
- **FREE CARTWHEEL** (*optional*) A806
- **FREE HANDSPRING** (*optional*) A802

A806



Free cartwheel

A802



Free handspring

SEN KVK - DIFFICULTY ELEMENTS

FLEXIBILITY

- **SPLIT** (*both legs*) F1003
- **PIKED FOLD – LEGS TOGETHER** F802

F1003



F802

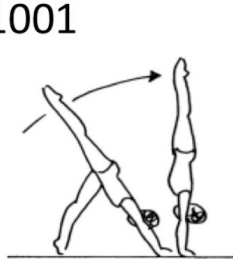


SEN MIX - DIFFICULTY ELEMENTS

BALANCES

- **HANDSTAND** HB1001
- **SIDE BALANCE** (*both legs*) SB805
- **SCALE SIDEWAYS WITHOUT HELP OF HAND** (*both legs*) SB804

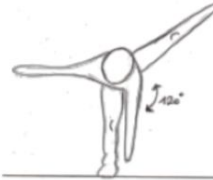
HB1001



Handstand



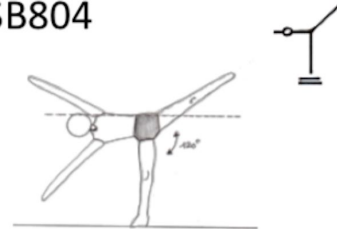
SB805



Leg separation 120°



SB804



Leg separation 120°



SEN MIX - DIFFICULTY ELEMENTS

JUMPS LEAPS HOPS

- **SCISSORS LEAP WITH TW. 180°** (*to the left*) J807
- **SPLIT LEAP TO STRADDLE PIKE WITH TW. 180°** (*to the left*) J810
- **BUTTERFLY** (*to the left*) J808
- **TUCK HOP WITH TW. 360°** (*to the left*) J816

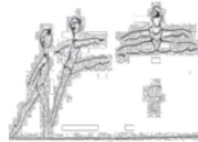
J807



Leg separation 135°



J810



Twist 180°

Leg separation 135°



J808



J816



Twist 360°



SEN MIX - DIFFICULTY ELEMENTS

ACROBATIC ELEMENTS

- **SIDEWAYS SALTO** (*optional*) A805
- **FREE CARTWHEEL** (*optional*) A806
- **PIKED SALTO** (*optional*) A801

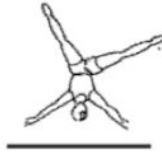
A805



Sideways salto



A806



Free cartwheel



A801



Piked salto



SEN MIX - DIFFICULTY ELEMENTS

FLEXIBILITY

- **SPLIT** (*both legs*) F1003
- **PIKED FOLD – LEGS TOGETHER** F802

F1003



F802

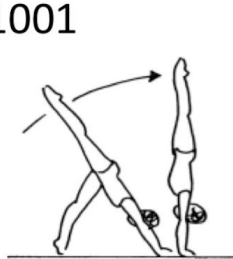


SEN KK - DIFFICULTY ELEMENTS

BALANCES

- **HANDSTAND** HB1001
- **SIDE BALANCE** (*both legs*) SB805
- **SCALE SIDEWAYS WITHOUT HELP OF HAND** (*both legs*) SB804

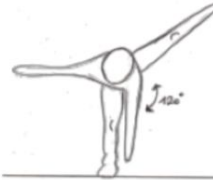
HB1001



Handstand



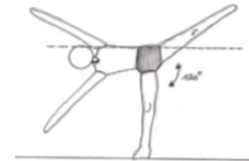
SB805



Leg separation 120°



SB804



Leg separation 120°

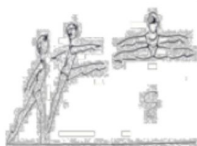


SEN KK - DIFFICULTY ELEMENTS

JUMPS LEAPS HOPS

- **SPLIT LEAP TO STRADDLE PIKE WITH TW. 180°** (*to the left*) J810
- **BUTTERFLY** (*to the left*) J808
- **TUCK HOP WITH TW. 360°** (*to the left*) J816
- **STRETCHED HOP WITH TW. 540°** (*to the left*) J1028

J810



Twist 180°

Leg separation 135°



J808



J816



Twist 360°



J1028



540°



SEN KK - DIFFICULTY ELEMENTS

ACROBATIC ELEMENTS

- **SIDEWAYS SALTO** (*optional*) A805
- **PIKED SALTO** (*optional*) A801
- **GAINER SALTO - TUCKED** (*optional*) A803

A805



Sideways salto

A801



Piked salto

A803



Gainer salto tucked

SEN KK - DIFFICULTY ELEMENTS

FLEXIBILITY

- PIKED FOLD – LEGS TOGETHER F802
- STRADDLE PIKE FOLD F801

F802



F801



SEN SUMMARY - KVK + MIX

BALANCES:

HANDSTAND *HB1001*

SIDE BALANCE WITH HELP OF HAND 180° *SB801*

SCALE SW WITHOUT HELP OF HAND 120° *SB804*

SIDE BALANCE 120° *SB805*

* BRIDGE - LEG VERTICAL *HB803*

JUMPS / LEAPS / HOPS:

SCISSORS LEAP WITH TW. 180° *J807*

* SWITCH LEAP 180° *J811*

SPLIT LEAP TO STRADDLE PIKE WITH TW. 180° *J810*

BUTTERFLY *J808*

TUCK HOP WITH TW. 360° *J816*

ACRO:

* FREE CARTWHEEL *A806*

* FREE HANDSPRING *A802*

SIDEWAYS SALTO *A805*

PIKED SALTO *A801*

FLEXIBILITY:

SPLIT *F1003*

PIKED FOLD – LEGS TOGETHER *F802*

* = JUST FOR KVK

SEN SUMMARY - KK + MIX

BALANCES:

HANDSTAND *HB1001*

SCALE SW WITHOUT HELP OF HAND 120° *SB804*

SIDE BALANCE 120° *SB805*

JUMPS / LEAPS / HOPS:

SCISSORS LEAP WITH TWISTING 180° *J807*

SPLIT LEAP TO STRADDLE PIKE WITH TW. 180° *J810*

BUTTERFLY *J808*

* STRETCHED HOP WITH TW. 540° *J814*

TUCK HOP WITH TW. 360° *J816*

ACRO:

SIDEWAYS SALTO *A805*

PIKED SALTO *A801*

* GAINER SALTO - TUCKED *A803*

FLEXIBILITY:

SPLIT *F1003*

PIKED FOLD – LEGS TOGETHER *F802*

STRADDLE PIKE FOLD *F801*

* = JUST FOR KK

GRUNN LYKLAR
- SEN KVK -

BALANCES

HANDSTAND *HB1001*

JUMPS / LEAPS / HOPS

TUCK HOP WITH TW. 360° *J816*

ACRO

FREE CARTWHEEL *A806*

SIDEWAYS SALTO *A805*

FLEXIBILITY

SPLIT *F1003*

AUKA LYKLAR
- SEN KVK -

BALANCES

SIDE BALANCE 120° *SB805*

SCALE SIDEWAYS 120° *SB804*

JUMPS / LEAPS / HOPS

SCISSORS LEAP 180° *J807*

SPLIT LEAP TO STRADDLE PIKE 180° *J810*

ACRO

PIKED SALTO *A801*

FLEXIBILITY

PIKED FOLD – LEGS TOGETHER *F802*

MASTER LYKLAR
- SEN KVK -

BALANCES

BRIDGE - LEG VERTICAL *HB803*

SIDE BALANCE 180° *SB801*

JUMPS / LEAPS / HOPS

BUTTERFLY *J808*

SWITCH LEAP 180° *J811*

ACRO

FREE HANDSPRING *A802*

FLEXIBILITY

STRADDLE PIKE FOLD *F801*

GRUNN LYKLAR
- SEN KK -

BALANCES

HANDSTAND *HB1001*

JUMPS / LEAPS / HOPS

TUCK HOP WITH TW .360° *J816*

ACRO

SIDEWAYS SALTO *A805*

FLEXIBILITY

PIKED FOLD – LEGS TOGETHER *F802*

AUKA LYKLAR
- SEN KK -

BALANCES

SIDE BALANCE 120° *SB805*

JUMPS / LEAPS / HOPS

SCISSORS LEAP 180° *J807*

BUTTERFLY *J808*

ACRO

PIKED SALTO *A801*

FLEXIBILITY

STRADDLE PIKE FOLD *F801*

MASTER LYKLAR
- SEN KK -

BALANCES

SCALE SIDEWAYS 120° *SB804*

JUMPS / LEAPS / HOPS

SPLIT LEAP TO STRADDLE PIKE 180° *J810*

STRETCHED HOP WITH TW. 540° *J1028*

ACRO

GAINER SALTO - TUCKED *A803*

FLEXIBILITY

SPLIT *F1003*

JUNIOR STÖKK HLUTI

JUN STÖKK - KVK

	FIBER		TRAMP	
	FRAM	AFTURÁBAK	TRAMP	HESTUR
GRUNN LYKLAR	KRAFT 1.5	ARABA FLIKK D PIKE	DBL STRAIGHT	YFIRSLAG TUCK + TSUKA PIKE +
AUKA LYKLAR	STREIT KRAFT 1.5	ARABA FLIKK D STRAIGHT	FULL HALF	YFIRSLAG S. 0.5 KAS / TSU 360°
MASTER LYKLAR	HEIL KRAFT 1.5	ARABA FLIKK D TUCK 360°	RUDY OUT	YFIRSLAG 1.5

JUN STÖKK - KK

	FIBER		TRAMP	
	FRAM	AFTURÁBAK	TRAMP	HESTUR
GRUNN LYKLAR	KRAFT 1.5	ARABA FLIKK D TUCK	DBL STRAIGHT	YFIRSLAG TUCK + TSUKA PIKE +
AUKA LYKLAR	PIKE KRAFT 1.5	ARABA FLIKK D PIKE	DBL STRAIGHT MEÐ SKRÚFUM	YFIRSLAG S. 0.5 KAS / TSU 360°
MASTER LYKLAR	X KRAFT DBL	ARABA FLIKK DBL S/ DBL M SKRÚFUM	TRIPLE OUT	YFIRSLAG 1.5

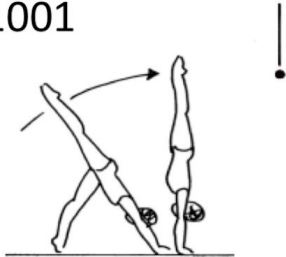
JUNIOR DANS HLUTI

JUN KVK - DIFFICULTY ELEMENTS

BALANCES

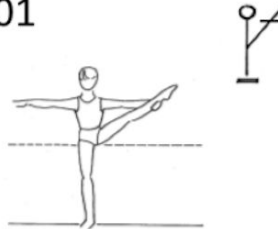
- **HANDSTAND** HB1001
- **SIDE BALANCE WITH HELP OF HAND 180°** (*both legs*) SB801
- **SIDE BALANCE 120°** (*both legs*) SB805
- **BRIDGE - LEG VERTICAL** (*both legs*) HB803

HB1001



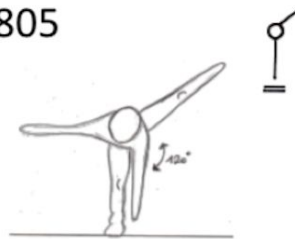
Handstand

SB801



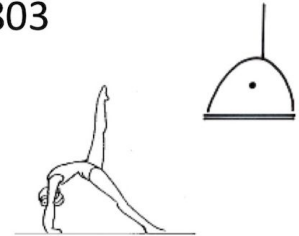
Leg separation 180°

SB805



Leg separation 120°

HB803



Leg vertical

JUN KVK - DIFFICULTY ELEMENTS

JUMPS LEAPS HOPS

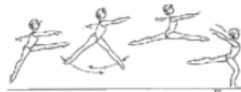
- **SCISSORS LEAP WITH TWISTING 135°** (*to the left*) J807
- **SWITCH LEAP 180°** (*both legs*) J812
- **SPLIT LEAP TO STRADDLE PIKE POS. WITH TW. 180°** (*to the left*) J810
- **TUCK HOP WITH TWISTING 360°** (*to the left*) J816

J807



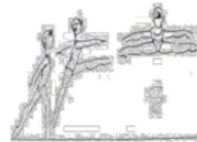
Leg separation 135°

J812



Leg separation 180°

J810



Twist 180°
Leg separation 135°

J816



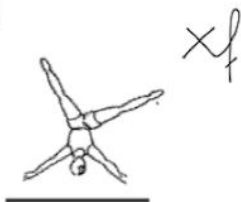
Twist 360°

JUN KVK - DIFFICULTY ELEMENTS

ACROBATIC ELEMENTS

- **FREE CARTWHEEL** A806
- **FREE HANDSPRING** A802

A806



Free cartwheel

A802



Free handspring

JUN KVK - DIFFICULTY ELEMENTS

FLEXIBILITY

- **SPLIT** (*both legs*) F1003
- **PIKED FOLD – LEGS TOGETHER** F802

F1003



F802

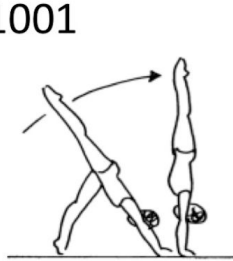


JUN MIX - DIFFICULTY ELEMENTS

BALANCES

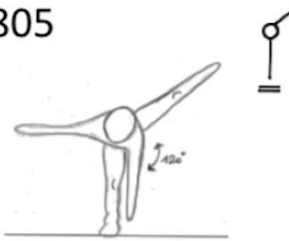
- **HANDSTAND** HB1001
- **SIDE BALANCE** (*both legs*) SB805
- **SCALE SIDEWAYS WITHOUT HELP OF HAND** (*both legs*) SB804

HB1001



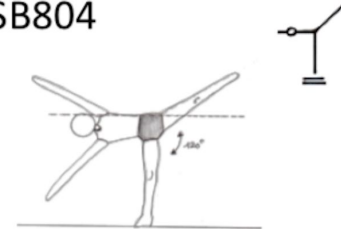
Handstand

SB805



Leg separation 120°

SB804



Leg separation 120°

JUN MIX - DIFFICULTY ELEMENTS

JUMPS LEAPS HOPS

- **SCISSORS LEAP WITH TWISTING 135° (to the left)** J807
- **SPLIT LEAP TO STRADDLE PIKE POS. WITH TW. 180° (to the left)** J810
- **BUTTERFLY (to the left)** J808
- **TUCK HOP WITH TWISTING 360° (to the left)** J816

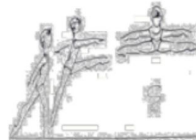
J807



Leg separation 135°



J810



Twist 180°

Leg separation 135°



J808



J816



Twist 360°

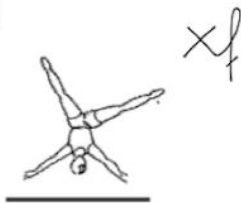


JUN MIX - DIFFICULTY ELEMENTS

ACROBATIC ELEMENTS

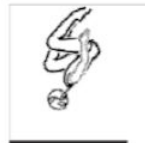
- **FREE CARTWHEEL** A806
- **SIDEWAYS SALTO** A805
- **PIKED SALTO** A801

A806



Free cartwheel

A805



Sideways salto

A801



Piked salto

JUN MIX - DIFFICULTY ELEMENTS

FLEXIBILITY

- **SPLIT** (*both legs*)
- **PIKED FOLD – LEGS TOGETHER**

F1003

F802

F1003



F802

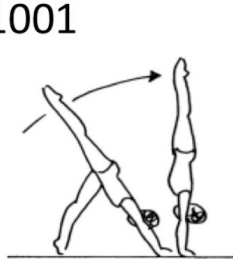


JUN KK - DIFFICULTY ELEMENTS

BALANCES

- **HANDSTAND** HB1001
- **SIDE BALANCE** (*both legs*) SB805
- **SCALE SIDEWAYS WITHOUT HELP OF HAND** (*both legs*) SB804

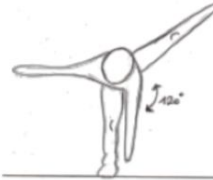
HB1001



Handstand



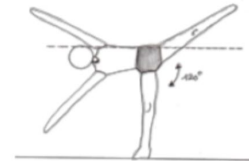
SB805



Leg separation 120°



SB804



Leg separation 120°



JUN KK - DIFFICULTY ELEMENTS

JUMPS LEAPS HOPS

- **SCISSORS LEAP WITH TWISTING 135°** (*to the left*) J807
- **SPLIT LEAP TO STRADDLE PIKE POS. WITH TW. 180°** (*to the left*) J810
- **BUTTERFLY** (*to the left*) J808
- **TUCK HOP WITH TWISTING 360°** (*to the left*) J816

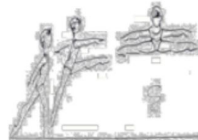
J807



Leg separation 135°



J810



Twist 180°

Leg separation 135°



J808



J816



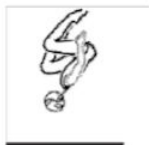
Twist 360°

JUN KK - DIFFICULTY ELEMENTS

ACROBATIC ELEMENTS

- **SIDEWAYS SALTO** A805
- **TUCKED SALTO** A601
- **PIKED SALTO** A801

A805



Sideways salto



A601



Tucked salto



A801



Piked salto



JUN KK - DIFFICULTY ELEMENTS

FLEXIBILITY

- PIKED FOLD – LEGS TOGETHER F802
- STRADDLE PIKE FOLD F801

F802



F801



JUN SUMMARY - KVK + MIX

BALANCES:

HANDSTAND *HB1001*

SIDE BALANCE WITH HELP OF HAND 180° *SB801*

SCALE SW WITHOUT HELP OF HAND 120° *SB804*

SIDE BALANCE 120° *SB805*

* BRIDGE - LEG VERTICAL *HB803*

JUMPS / LEAPS / HOPS:

SCISSORS LEAP WITH TWISTING 180° *J807*

*SWITCH LEAP 180° *J811*

SPLIT LEAP TO STRADDLE PIKE POS. WITH TW. 180° *J810*

BUTTERFLY *J808*

TUCK HOP WITH TWISTING 360° *J816*

ACRO:

* FREE CARTWHEEL *A806*

* FREE HANDSPRING *A802*

SIDEWAYS SALTO *A805*

PIKED SALTO *A801*

FLEXIBILITY:

SPLIT *F1003*

PIKED FOLD – LEGS TOGETHER *F802*

* = JUST FOR KVK

JUN SUMMARY - KK + MIX

BALANCES:

HANDSTAND *HB1001*

SCALE SW WITHOUT HELP OF HAND 120° *SB804*

SIDE BALANCE 120° *SB805*

JUMPS / LEAPS / HOPS:

SCISSORS LEAP WITH TWISTING 180° *J807*

SPLIT LEAP TO STRADDLE PIKE POS. WITH TW. 180° *J810*

BUTTERFLY *J808*

TUCK HOP WITH TWISTING 360° *J816*

ACRO:

FREE CARTWHEEL *A806*

SIDEWAYS SALTO *A805*

PIKED SALTO *A801*

*TUCKED SALTO *A601*

FLEXIBILITY:

SPLIT *F1003*

PIKED FOLD – LEGS TOGETHER *F802*

*STRADDLE PIKE FOLD *F801*

* = JUST FOR KK

GRUNN LYKLAR
- JUN KVK -

BALANCES

HANDSTAND *HB1001*

JUMPS / LEAPS / HOPS

TUCK HOP WITH TW 360° *J816*

ACRO

FREE CARTWHEEL *A806*

SIDEWAYS SALTO *A805*

FLEXIBILITY

SPLIT *F1003*

AUKA LYKLAR
- JUN KVK -

BALANCES

SIDE BALANCE 120° *SB805*

SCALE SIDEWAYS 120° *SB804*

JUMPS / LEAPS / HOPS

SCISSORS LEAP 180° *J807*

SPLIT LEAP TO STRADDLE PIKE 180° *J810*

ACRO

PIKED SALTO *A801*

FLEXIBILITY

PIKED FOLD – LEGS TOGETHER *F802*

MASTER LYKLAR
- JUN KVK -

BALANCES

BRIDGE - LEG VERTICAL *HB803*

SIDE BALANCE 180° *SB801*

JUMPS / LEAPS / HOPS

SWITCH LEAP 180° *J811*

ACRO

FREE HANDSPRING *A802*

FLEXIBILITY

STRADDLE PIKE FOLD *F801*

GRUNN LYKKLAR
- JUN KK -

BALANCES

HANDSTAND *HB1001*

JUMPS / LEAPS / HOPS

TUCK HOP WITH TW 360° *J816*

ACRO

SIDEWAYS SALTO *A805*

FLEXIBILITY

PIKED FOLD – LEGS TOGETHER *F802*

AUKA LYKKLAR
- JUN KK -

BALANCES

SIDE BALANCE 120° *SB805*

JUMPS / LEAPS / HOPS

SPLIT LEAP TO STRADDLE PIKE 180° *J810*
BUTTERFLY *J808*

ACRO

PIKED SALTO *A801*

FLEXIBILITY

STRADDLE PIKE FOLD *F801*

MASTER LYKKLAR
- JUN KK -

BALANCES

SCALE SIDEWAYS 120° *SB804*

JUMPS / LEAPS / HOPS

SCISSORS LEAP 180° *J807*

ACRO

FREE CARTWHEEL *A806*

FLEXIBILITY

SPLIT *F1003*

FOCUS AREAS

JUNE

- VIDEO LIBRARY OF ALL DIFFICULTY ELEMENTS
 - STRENGTH EXERCISES
 - FLEXIBILITY EXERCISES (*STRETCHING / MOBILITY EXERCISES*)
 - STATIONS
 - FOCUS POINTS FOR COACHES AND GYMNASTS

JULY

- FOCUS ON DIFFICULTY ELEMENTS, FLEXIBILITY AND STRENGTH:
- FOCUS ON FLEXIBILITY AND STRENGTH

AUGUST

- FOCUS ON DIFFICULTY ELEMENTS, FLEXIBILITY AND STRENGTH

TAKK FYRIR!

