



A VARSITY SPIRIT BRAND

PYRAMID PROGRESSIONS

<p>Non-Released Transition</p>	<ul style="list-style-type: none"> • Braced non-released transitions • Inverted stunts to prep level and below • Intermediate full up variations 	<ul style="list-style-type: none"> • Inverted stunts to extended - 2 bracers • Advanced full up variations 	<ul style="list-style-type: none"> • Inverted stunts involving spinning to extended - 2 bracers • Inverted stunts to extended - 1 bracer <ul style="list-style-type: none"> • Elite full up variations • Single base advanced full up variations 	<ul style="list-style-type: none"> • Inverted stunts involving spinning to extended - 1 bracer <ul style="list-style-type: none"> • Super elite full up variations • Single base elite / super elite full up variations
<p>Released Transition</p>	<ul style="list-style-type: none"> • Released transition to any level with 2 bracers • Released transition to prep or below with 1 bracer • Switch up landing extended - braced or unbraced 	<ul style="list-style-type: none"> • Released transition landing extended with 1 bracer <ul style="list-style-type: none"> • Braced inverted stunts released to prep level and below 	<ul style="list-style-type: none"> • Released transition involving spinning or inversion that land extended with 2 bracers • Unbraced releases landing extended 	<ul style="list-style-type: none"> • Released transition to extended involving spinning / inversions with 1 bracer • Unbraced spinning release landing extended
<p>Braced Roll/Flip</p>	<ul style="list-style-type: none"> • Flipping transition landing below prep level • Rolling transition to prep and below 	<ul style="list-style-type: none"> • Flipping transition landing at prep level <ul style="list-style-type: none"> • 1/2 twisting flipping transition landing below prep level • Full twisting flipping transition to below prep level • Rolling transition to extended position - 2 bracers 	<ul style="list-style-type: none"> • Flipping transition landing extended <ul style="list-style-type: none"> • 1/2 twisting flipping transition landing at prep level • Rolling transition to extended position - 1 bracer • Full twisting flipping transition to prep level 	<ul style="list-style-type: none"> • Flipping transition starting at prep or above, landing extended <ul style="list-style-type: none"> • 1/2 twist flipping transition landing extended • Flipping transition landing extended with minimal bases <ul style="list-style-type: none"> • Full twisting flipping transition to extended level