



Artistic Gymnastics For Men

Are you looking for a challenging, fun and safe sport for your son who simply has seemingly endless amounts of energy to burn, this is the program for you!

Men's Gymnastics is a sport involving physical strength, agility, balance, rhythm and coordination to perform the skill. It is a perfect sport to teach your son focus and self-discipline - skills that can assist with their learning and concentration. Give your son the right start in life. Let him experience Men's Gymnastics and watch him develop into a strong, confident and happy young man.

Men's Gymnastics consists of six events:

Floor Exercise

Male gymnasts also perform on a 12 m by 12 m sprung floor. Men's floor routines usually have four passes that will total between 60-70 seconds and are performed without music.



Vault Table

A maximum of 25 meters runway. For men the vault table is set at a height of 1.35 m. Gymnasts use their hands to push off the vault and propel themselves into the air to perform a combination of twists & somersaults before landing on the mat.

Pommel Horse

Exercise involves both single leg and double leg work. Single leg skills are generally found in the form of scissors and double leg work is the main staple of this event. To make more challenging, gymnasts will often include variations on typical circling skill by turning or straddle their legs.

High Bar

A 2.4 cm thick steel bar raised 2.5 m high. Gymnast performs giants, twists, release skills, or somersault in the air then grabbing hold of the bar again. Leather grips are usually used to help maintain a grip on the bar.



Parallel Bars

Men perform on two bars slightly further than a shoulder's width apart and 1.75 m high, about 0.5 m apart. Gymnasts perform a series of swings, balances, and releases, that require incredible muscle power and is a men – only event.

Still Rings

The rings are suspended on wire cable from a point 5.75 m off the floor. He must perform a routine, while preventing the rings themselves from swinging.