

Parallel Bars 2025											
A	B	C	D	E	F/G	A	B	C	D	E	F/G/H
I. Upper Arm Elements						III. Long Swings & Underswing Elements					
					G						
					G						
											H
											G
II. Support Elements											H
											G
											G
											G
					G						
						IV. Dismounts					
											G
											G
											G