



## WHAT YOU NEED

### Floor (men & women)

The floor is an individual performance in which the gymnast performs a series of acrobatics, jumps, spins, choreographies and dance elements in a predetermined sequence. The movements performed on the floor emphasise the gymnast's strength, flexibility, coordination and artistic expression.



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### Vault (men & women)

The vault, also known as the vaulting table in artistic gymnastics, is a fundamental component for both male and female gymnasts.

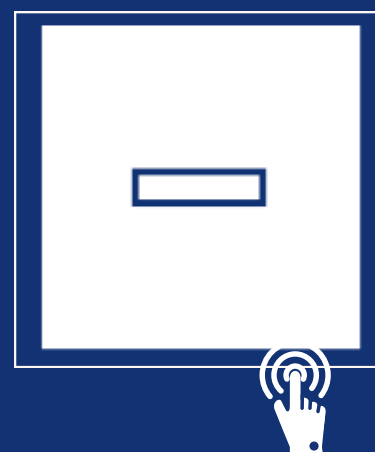
This apparatus consists of a raised platform with a padded box on top of it. Its main function is to provide gymnasts with a base to perform jumps, spins and acrobatics in a controlled manner.



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### Pommel horse (men)

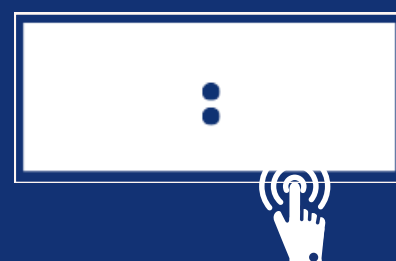
In men's gymnastics, the pommel horse event, also known as vaulting, is a discipline that emphasises the gymnasts' ability to perform acrobatic movements and maintain balance on a horizontal horse equipped with two parallel straps



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### Rings (men)

The rings event in men's gymnastics is a discipline that emphasises the athletes' strength and control. In this discipline, gymnasts perform a series of acrobatic movements while holding two rings suspended from ropes. These rings, usually made of wood or synthetic material, are adjusted to a specific height.



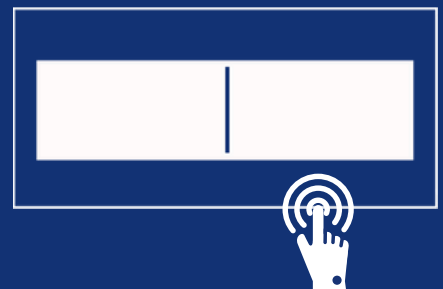
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## WHAT YOU NEED

### Fixed bar (men)

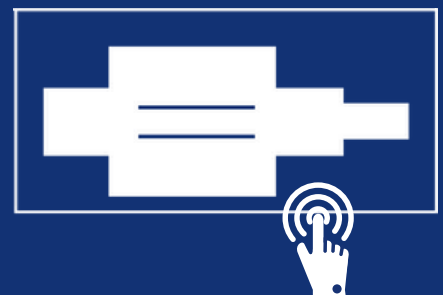
The fixed bar, also known as the horizontal bar, is one of the apparatuses used in men's artistic gymnastics. It is an elevated, horizontal bar, fixed high up, usually at a height that allows the gymnast to perform a series of acrobatic movements, spins, swings and releases



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### Parallel bars (men)

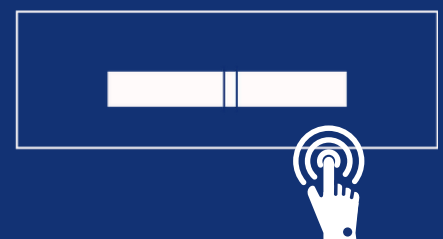
The parallel bars are contested in men's gymnastics. They consist of two horizontal bars parallel to each other and fixed at a specific height. They allow gymnasts to perform a variety of movements that demonstrate strength, agility and acrobatic skills.



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### Asymmetric bars (women)

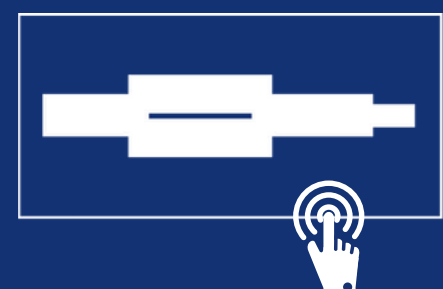
The asymmetric bars are one of the apparatuses used in women's gymnastics. They consist of two horizontal bars, but at different heights, which makes them "asymmetrical". The asymmetric bars offer gymnasts the opportunity to perform a variety of movements including acrobatic elements, spins and transitions.



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### Balance beam (women)

The balance beam is another apparatus in women's gymnastics. It is a narrow, raised beam, usually made of rigid material such as wood or metal, and positioned at a height of around 1.25 metres from the floor. During a routine on the balance beam, gymnasts perform a series of movements including acrobatics, jumps, spins, balances and dances.



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