

Lyra 2.0 Pass-offs

Mounts

- Circus
- Up and over
- Straddle
- Delilah

Additional moves

- Hanging beat to sit
- Front balance for 5 seconds
- Hocks hang on top bar
- Double knee hang 5 seconds to sitting in hoop

Lyra 3.0 Pass-offs

Mounts

- Russian Roll
- Up and over top bar
- Circus mount top bar

Additional moves

- Meat hook each side
- Single knee hang each side
- Single elbow hang each side
- Shoulder stand
- Illusion and bell beat to sit