

ADVANCED IN HOUSE ROUTINES

VAULT:

Handspring

BARS:

Pull Over

Back hip circle

Squat on or climb up

Jump to high bar

Swing Half Turn

Swing Flyaway

Swing dead cow

BEAM:

Side mount

Cartwheel

Down on 1 knee

1 leg donkey kick

Walk backwards

½ turn on 1 foot

Tuck Jump – Split Jump

Scale

Brani or round off dismount

FLOOR:

Handstand forward roll

Tuck Full

Back walkover

Wedge – run front handspring

Full turn

Run round off back handspring or
straddle jump

Wolf jump – split jump

Finish