

	Level 2 floor routine
1	Balance - Y balance/arabesque/tuck top planche/elbow
2	chasse catleap (no turn) or chasse scissor kick
3	Cartwheel 1/4 turn in
4	backward roll to front support (hold)
5	squat in, immediate straight jump 1/2 turn
6	forward roll straddle stand
7	forward roll straddle sit legs off the floor (hold 3 seconds)
8	bridge (hold 3 seconds) rock to stand
9	fall step handstand (legs to 9 o clock)
10	tuck jump 1/2 turn

	Level 3 floor routine
1	Deadman drop
2	tuck top planche/elbow balance OR straddle or pike lever
3	handstand forward roll
4	star jump
5	step catleap full turn
6	chasse scissor kick
7	cartwheel 1/4 turn in
8	backward roll toward handstand (finishing in front support)
9	jump 1/2 turn straight OR tuck
10	jump step round off with rebound jump