

	Level 4 floor routine
1	Round off flic or R/off jump 1/2 turn 2 x cartwheels
2 & 3	handstand forward roll immediate straddle/stag or full turn jump
4	Y balance /arabesque /splits
5	straddle or pike lever OR headstand
6 & 7	2 x linked jumps or leaps (can't repeat)
8	handspring or free cartwheel
9	dive roll or front somersault
10	forward or backward walkover or shushanova

	Level 5 floor routine
1 & 2	Round off flic or r/off somi
3	backward roll to handstand (straight arms) OR forward or back walkover
4	forward roll to straddle lever
5 & 6	tuck jump 1/2 turn into shushonova (linked)
7 & 8	full turn jump, stag or W jump (linked)
9	handspring, free cartwheel or from somi
10	balance or spin of choice ** listed below