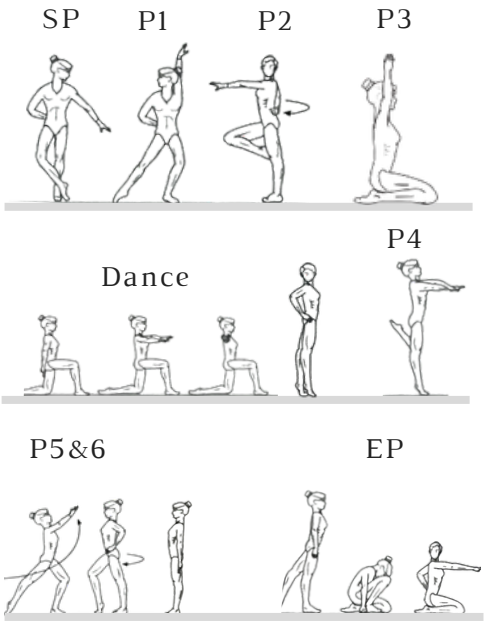
ASPIRE GYMNASTICS
12TH ANNUAL IN-HOUSE COMPETITION

Advanced Routines

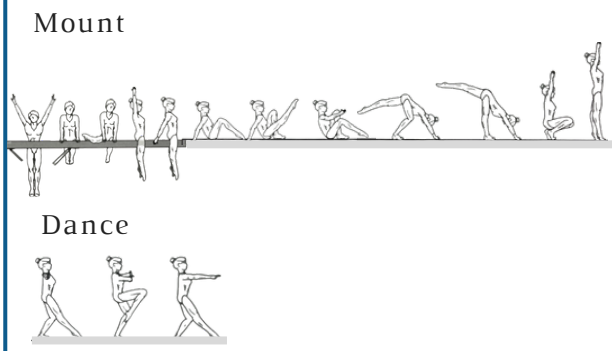
FLOOR

1. **Starting position(SP):** one foot crossed over, x1 arm behind back, x1 arm pulled out **Pose 1(P1):** foot out and arm to ear
Pose 2(P2): Passé push
2. Step kick handstand front roll / back to lunge
3. First Skill (front walkover, front handspring, aerial or roundoff, cartwheel cartwheel)
4. Stretch, then back roll into front support, **Pose 3(P3)**: down to both knees, **Dance:** step one leg up at a time (arms circle around then to hips as they finish the stand up)
5. Full spin or 1/2 spin - to face the corner they started in
6. Chassè split leap or switch split, can step punch into a jump, into **Pose 4(P4)**: fish pose
7. Step, **Pose 5(P5):** arms up (hold the globe), pivot turn to **Pose 6(P6)**: Arms on hips, x1 foot on relevé, step back together
8. Stretch and free skill
9. Jump 1/2 turn, into ending pose
10. **Ending pose(EP)**: Step down to knees, sit feet to bum, ending arms optional



BEAM

1. Stretch - mount of choice, pose of choice/dance
2. Lunge into handstand, land in lunge, present
3.Arabesque hold, step split, step into relevé
4. Squat turn
5. Cartwheel or skill of choice (can do kick kick, needle needle in place of)
6. Jump connection of choice - x2 straight jumps, straight jump, split jump, stright jump tuck jump etc.
7. 1/2 or full spin (or 1/2 spin and pivot turn) to face end of beam
8. Dismount of choice
9. Stretch



BARS

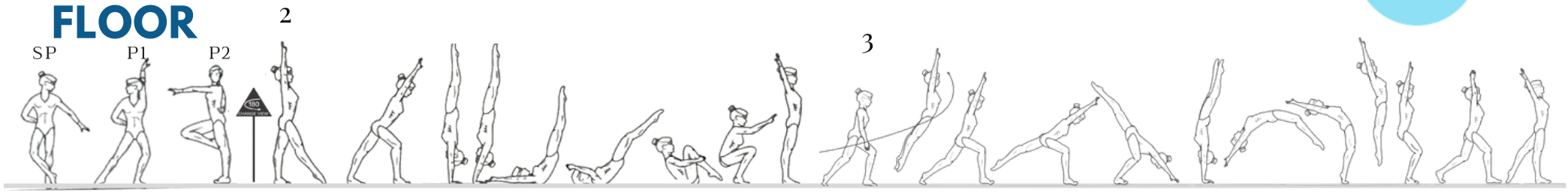
1. Glide swing, return, chin up pullover (or kip)
2. 3 casts back hip or double back hip
3. Skill - Stride support, stride circle, basket swing, or front hip
4. **Dismount OPTION 1:** Clear undershoot, straddle undershoot, pike undershoot
OPTION 2: Tuck up, jump off to mat
5. Stretch

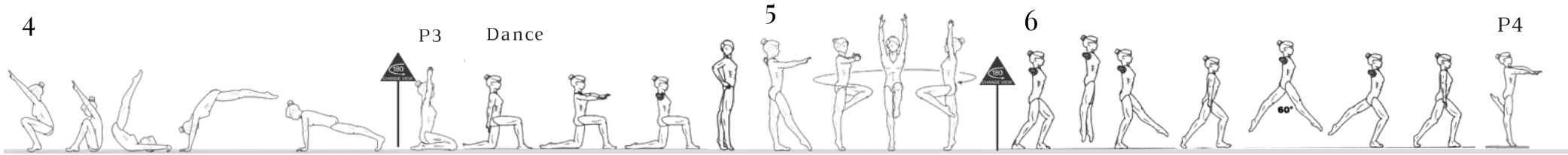
In House Competition: **Sunday December 13th**. Registration deadline: **Nov 21st.**
Competition times will be given out closer to the date!

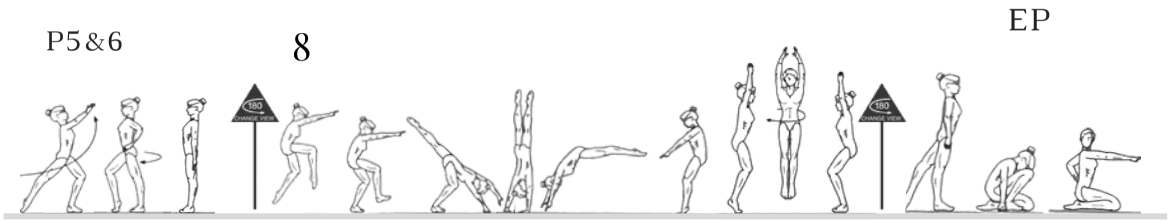
Videos of the floor & beam routine will be online on our website @ aspiregymnastics.ca

ASPIRE GYMNASTICS
ADVANCED IN-HOUSE ROUTINES 2026

FLOOR







BEAM



