

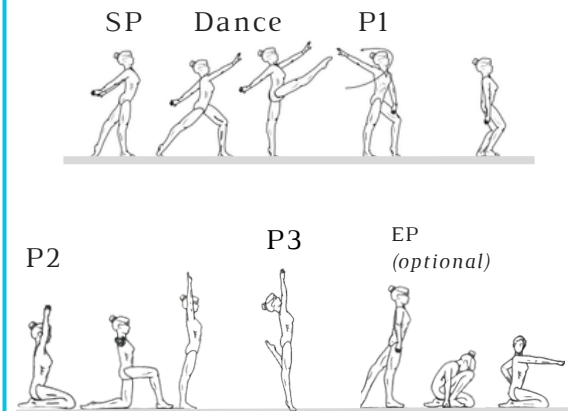
ASPIRE GYMNASTICS 3RD ANNUAL SUMMER IN-HOUSE COMPETITION



Advanced Routines

FLOOR

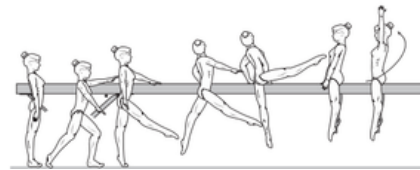
1. **Dance:** step and kick, into pose.
2. Step feet together, into straddle/star jump
3. Step kick handstand front roll / back to lunge
4. First Skill - cartwheel cartwheel connected **OR** (front walkover, front handspring, aerial)- *face parents on ending*
5. Stretch, then back roll into front support, **Pose 2(P2):** down to both knees, step one leg up at a time
6. Split jump, 1/2 turn jump
7. Chassè split leap or switch split, into **Pose 3 (P3):** fish pose (arms to ears)
8. 1/2 spin
9. Stretch and free skill
10. **Ending pose(EP):** Step down to knees, sit feet to bum, *ending arms optional*



BEAM - start at end by bars, facing bars

1. Stretch - switch leg mount **Dance: Straddle sit, arms out to side and face parents**, whip to tuck stand
2. Lunge into handstand, land in lunge, present **Dance of choice.**
3. Arabesque hold, step split, step into relevé
4. Skill of choice
5. Jump connection of choice - x2 straight jumps, straight jump, split jump or straight jump tuck jump etc.
6. 1/2 spin to face bars
7. **Dance: Step back and push back with arms** - pivot turn
8. Dismount of choice
9. Stretch

Mount



Dance of choice

Dance 2



BARS

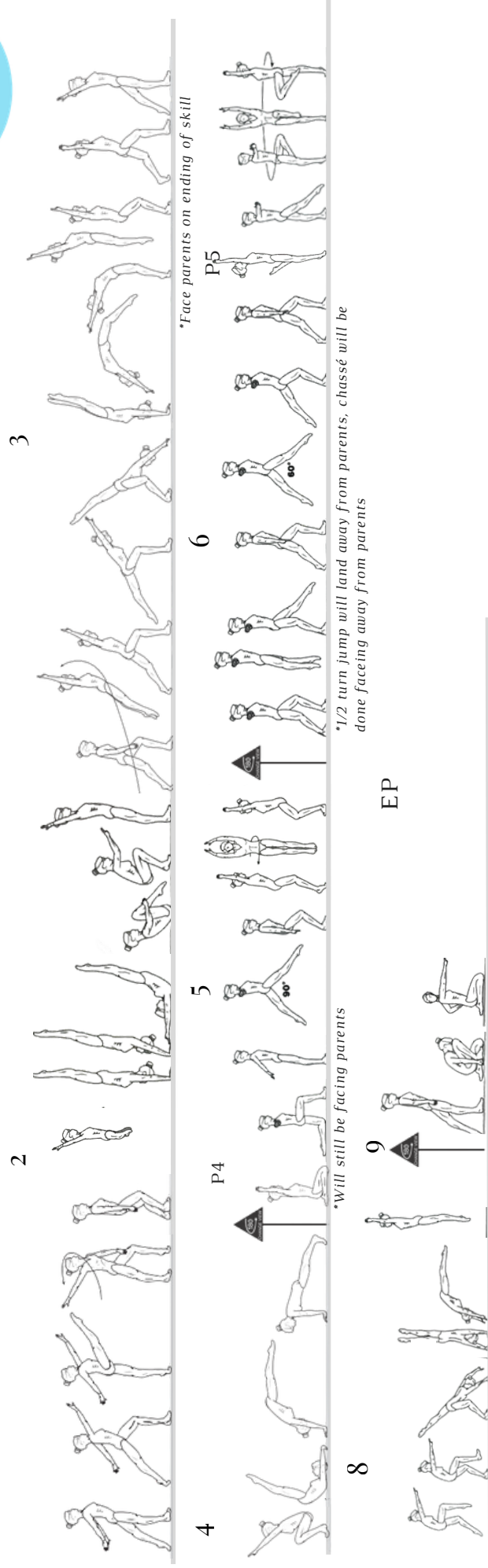
1. Glide swing, return, chin up pullover (or kip)
2. 3 casts back hip or double back hip
3. Skill - Stride support, stride circle, basket swing, or front hip
4. **Dismount OPTION 1:** Clear undershoot, straddle undershoot, pike undershoot
OPTION 2: Tuck up, jump off to motorcycle
5. Stretch

In House Competition: **Sunday June 14th.** Registration deadline: **May 23rd.**
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 SUMMER 2026

FLOOR



BEAM - start at bar end, facing bars

