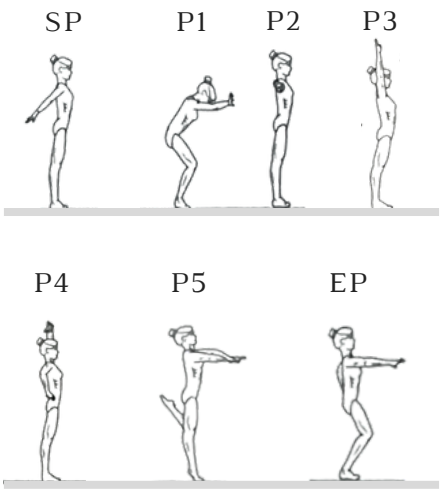
# ASPIRE GYMNASTICS
# 13TH ANNUAL IN-HOUSE COMPETITION

## *Recreational 6-8 Routines*

## FLOOR

1. **Starting position (SP)**-stood with arms down and pulled back
**Pose 1 (P1)**: Demi pliè, arms bend over head, head down
**Pose 2(P2)**: Stand tall, arms pulled back in Y
**Pose 3(P3):** Arms tall to ears
2. Front roll into straddle sit, teddy bear roll
3. Go into pike sit, push to back support, turn to front support, tuck to stand
4. **Pose 4 (P4)**: x1 hand on hip, x1 arm bent over head
5. Step, kick, needle kick/handstand- land in lunge, present
6. Cartwheel / round off
7. Chassè catleap / scissor kick, to **Pose 5(P5)**: fish pose
8. Jump 1/2 turn
9. **Ending pose(EP)**: x1 Arm on hip, x1 arm out straight in front




## BEAM

1. Stretch, jump to front support, butterfly mount to stand
2. Relevé hold arms by ears
3. Step into passé hold hands on hips
4. Straight jump
5. Arabesque hold for 2s
6. Step, front kick, front kick
7. Lunge into T/Needle kick
8. Grapevine, into gingerbread men turn
9. Dismount off end of beam - Shape jump (star, straddle, tuck)
10. Stretch

## BARS

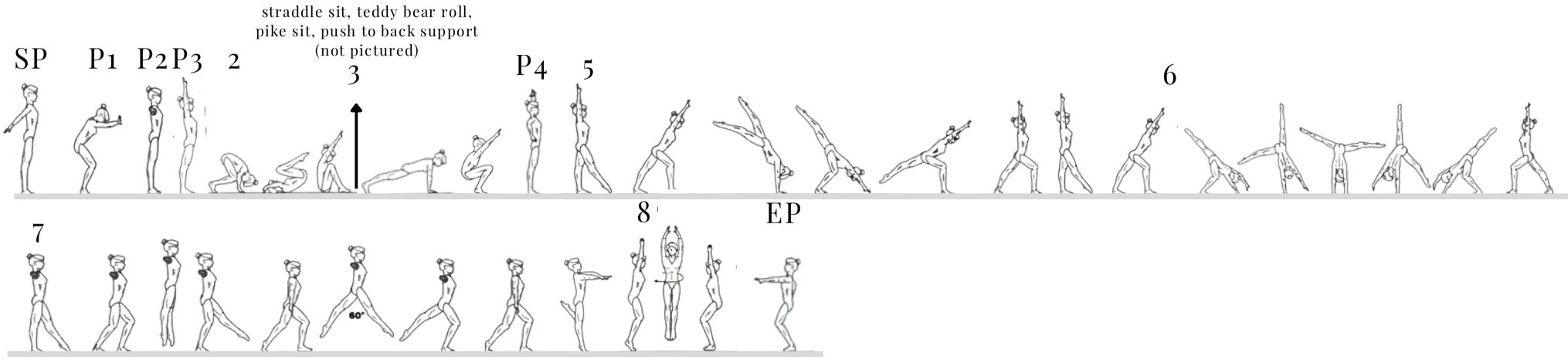
**1**. Stretch, chin up pullover (assisted if necessary)
**2**. 3 casts, front circle down
**3**. Straddle under shoot (can be from block) or 3 straddle swings to land at front
**4**. Stretch

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

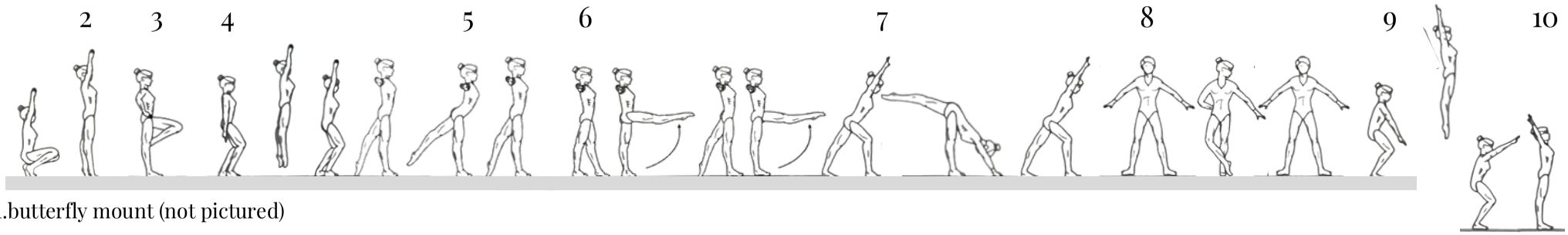
*Videos of the floor & beam routine will be online on our website @ aspiregymnastics.ca*

# ASPIRE GYMNASTICS
# RECREATIONAL 6-8 IN-HOUSE ROUTINES 2026

## FLOOR




## BEAM




1.butterfly mount (not pictured)