

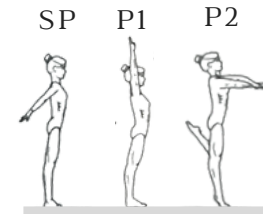
# ASPIRE GYMNASTICS 1ST ANNUAL SUMMER IN-HOUSE COMPETITION



## *Recreational 6-8 Routines*

### FLOOR

1. **Starting position (SP)**-stood with arms down and pulled back
- Pose 1 (P1)**: Arms tall to ears
2. Star jump/tuck jump, rebound straight jump
3. Step, kick needle/handstand - land in lunge, present
4. Chassé catleap/scissor kick, to **Pose 2(P2)**: fish pose
5. Half turn jump
6. Front roll step out/tuck to stand
7. Favourite skill to finish (facing parents)
8. **Ending pose**: **Choose any ending pose, or just present!**



### BEAM - start at bar end, facing floor

1. Stretch, jump to front support, butterfly mount to stand
2. Relevé hold, plié, straight jump
3. Step kick, needle, lunge, present
4. Step front kick, front kick, back kick, relevé
5. Pivot turn
6. Face parents - grapevine x2-3
7. Step, passé hold
8. Dismount off end of beam - Shape jump (star, straddle, tuck)
9. 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

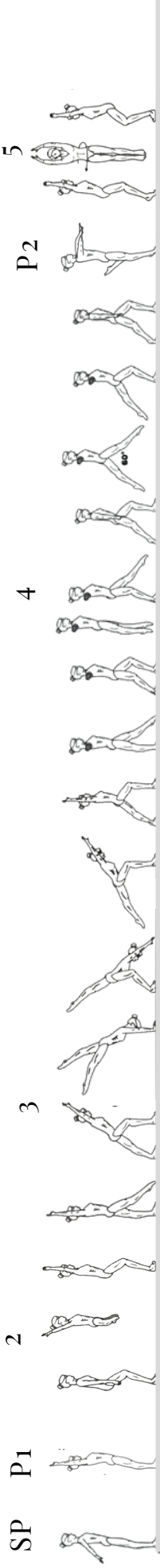
In House Competition: **Sunday June 23rd**. Registration deadline: **May 25th**.  
Competition times will be given out closer to the date!

*Videos of the floor & beam routine will be online on our website @ [aspiregymnastics.ca](http://aspiregymnastics.ca)*

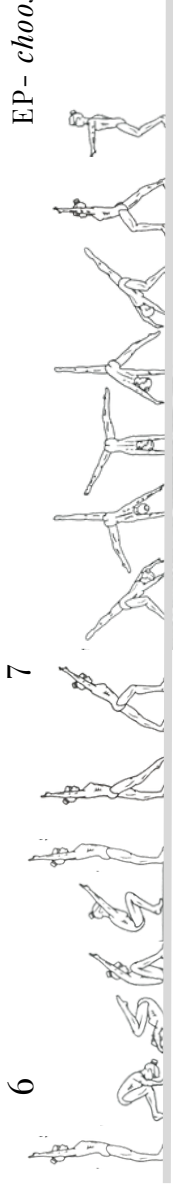
# ASPIRE GYMNASTICS RECREATIONAL 6-8 IN-HOUSE ROUTINES SUMMER 2024



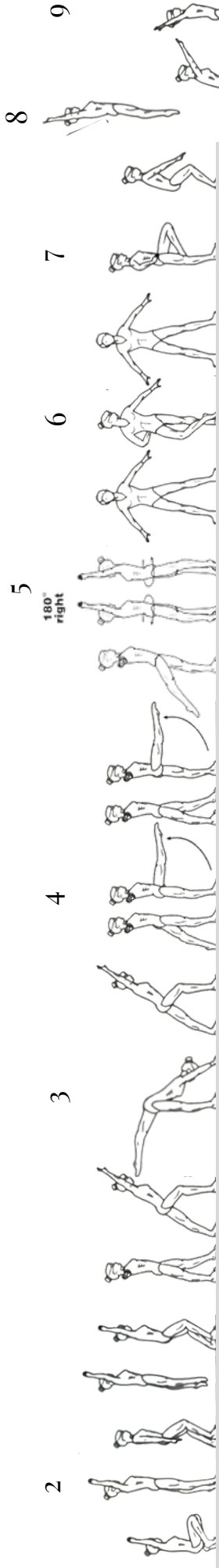
## FLOOR



EP - choose any ending pose or just present!



## BEAM - start at bar end, facing floor



1. butterfly mount (not pictured)