

# ASPIRE GYMNASTICS 1ST ANNUAL SUMMER IN-HOUSE COMPETITION



## *Recreational Plus & 9+ Routines*

### FLOOR

1. **Starting position:** Straddle sit with arms by ears, turn to one side (arms out and down to middle, repeat on other side)
2. Bring feet together and push into bridge
- Option 1:** Come back down, 1 rock & roll to stand
- Option 2:** Kick over, land in lunge
- Option 3:** Push to stand up
3. Step together, straight jump rebound to straddle/star jump
4. Run hurdle cartwheel/round off
5. Chassé catleap/scissor kick/split leap, to **Pose 1(P1)**: fish pose
6. 1/2 spin
7. Front roll into straddle stand/step out/tuck to stand
8. Favourite skill to finish (cartwheel, handstand, etc.)
9. **Ending pose(EP):** Step down to knees, sit feet to bum, **ending arms optional**

P1

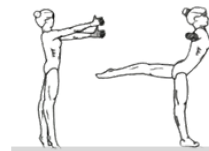
Ending



### BEAM - start at end by bars, facing bars

1. Stretch, forward or side tuck on (or butterfly)
2. Relevé hold arms by ears
3. 1/2 spin in passé
4. Step kick into needle/needle hop
5. Step into straight jump, straight jump - **Pose 1:** arms to forwards middle
6. Open into arabesque balance
7. Step split / dip hop
8. Grapevine / choice of dance to end of beam
9. Dismount of choice
10. Stretch

P1



### BARS

1. Chin up pullover
2. 3 casts into back hip circle - assisted if necessary
3. **Optional skill** - stride support hold, or stride circle (or other skill if able)
4. Circle down, straddle/ pike swings to land at front
5. Stretch

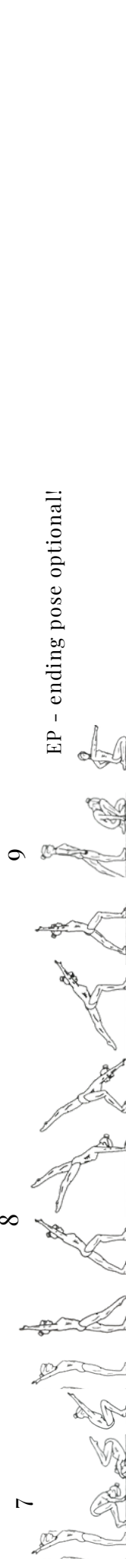
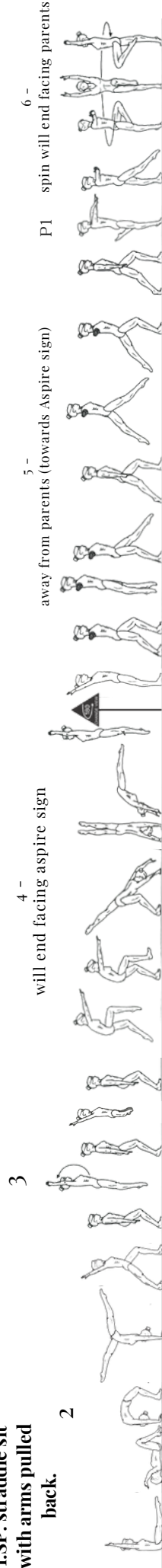
In House Competition: **Sunday June 23rd.** Registration deadline: **May 25th.**  
Competition times will be given out closer to the date!

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

# ASPIRE GYMNASTICS RECREATIONAL PLUS & 9+ IN-HOUSE ROUTINES SUMMER 2024

## FLOOR

1.SP: straddle sit  
with arms pulled  
back.



\*Round off will end facing away from parents!

\*Chassé towards the Aspire sign, 1/2 spin will end facing parents again!

## BEAM - start at bar end, facing bars

