

AB

IN HOUSE ROUTINES

- VAULT:** Jump up – NO Hands
- BARS:** Pull Over
- 3 Casts
- Front Support
- Cast under swing
- Dismount
- BEAM:** 1 -Side mount
- 2 - Walk Forward (middle)
- 3 - Hold on 1 leg 5 seconds
- 4 - Walk Backwards
- 5 – Tuck Jump
- 6 – Dips ½ way
- 7- 1 leg donkey kick
- 8 - Bunny hops
- Round off or Jump off dismount
- FLOOR:** Start in tuck
- Bridge
- Tuck roll to stand
- Handstand forward roll
- Run- Round off
- Tuck jump – straddle jump