

BEGINNERS IN HOUSE ROUTINES

VAULT: Squat on

BARS: Jump to front support

3 casts

Roll over

Finish

BEAM: Side mount

Walk Forward

½ pirouette (middle)

Straight Jump

Walk backwards

Donkey Kicks

½ pirouette

Dismount (Jump off)

FLOOR: Start in tuck

Bridge (hold 5 seconds)

Tuck-roll to stand

Forward Roll

Tuck Jump

Cartwheel

Finish