

INTERMEDIATE IN HOUSE ROUTINES

VAULT: Handstand flat back on pit

BARS: Pull Over

Back hip circle

Back hip circle

Cast under swing or jump to high bar

Half turn Dismount

BEAM: Side mount

Walk Forward (middle)

Down on 1 knee

Straight jump-tuck jump

Handstand

½ turn on 1 foot

Walk backwards

½ tun on one foot

Round off dismount

FLOOR: Wedge – Bridge kick over

Run round off straddle jump

Full turn

Handstand forward roll

Jump Full turn

Cartwheel

Tuck Jump-split jump

Finish