

ULTRA IN HOUSE ROUTINES

VAULT: Handspring or Half On

BARS: Pull Over

Back hip circle

Squat on

Jump to high bar

Long hang pull over

Back hip circle

Fly Away or ½ drop

BEAM: Jump up mount

Full Turn

Cartwheel

Down on 1 knee

Scale

Pivot

Split jump – wolf jump

Dips

Dismount (Brani or Flip)

FLOOR: (1) Handstand/forward roll

Tuck 1 1/2

(A) Run round off back handspring

(2) Chasse – split jump – wolf jump

(3) Aerial or Cartwheel

(B) Front Tuck or FHS – Forward Roll –
Cartwheel

(4) Full Turn