

LEVEL 1 ROUTINES

VAULT

Run, **hurdle with backwards arm circle**, punch spring board to **straight jump** to 8" (arms up), stick landing
Lunge on mat, **spotted handstand flatback**

BARS

Pullover

1-3 **casts** into **back hip circle**

Forward roll dismount

BEAM

Straight arm **front support**, swing good leg over to **straddle sit mount**, bring arms up to "V"

Bring arms down to hold beam behind, lift legs to **V-seat**

Lower legs and stand to **relevé hold** 2 seconds (arms in crown)

Arabesque hold 2 seconds (side arms)

Step bad foot, kick good foot to lunge (bring arms to ears), **Lever** to beam, finish in lunge

Bring bad foot to **passé hold** 2 seconds (hands on hips)

Stand feet together, **straight jump** (arms to ears), finish arms down

Step bad foot, kick good foot to lunge (bring arms to ears) and lower bad knee to beam

Kneel into **side handstand dismount**

FLOOR

Step kick to lunge, **half handstand**, finish in lunge

Step kick to lunge, **cartwheel**, finish in lunge

Step feet back together, **backward roll**, finish standing (arms in "V")

Candlestick, sit up to pike sit (arms in "V")

Lay down to bridge prep, push up to show **bridge**, come down, stand up to finish (arms in "V")

Forward roll, finish standing (arms in "V")

(Hands on hips) step good foot, bring bad foot to passé, lift heel to **passé hold in relevé** 1 second, lower heel

(Side arms) Bad leg **chassé**, step bad foot, kick good foot forward and close in front

Split jump (side arms), feet together relevé hold 1 second (arms in crown)

Finish in pose