

LEVEL 1 ROUTINES

VAULT

Run, hurdle, punch springboard to **straight jump** onto 8" mat, stick landing

Lunge on mat, **handstand flatback**

BARS

Pullover

3 casts

(optional) **Back hipcircle**

Forward roll dismount

BEAM

Jump to front support and swing leg over to straddle sit (cowgirl mount)

Arabesque hold 2 seconds (arms side middle)

Releve hold 2 seconds (arms in crown)

Kick bad leg forward, kick good leg forward (arms side middle), lunge, **lever**, lunge

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

Bring feet together and **straight jump** (arms to ears and land arms down)

Lunge, **partial side handstand dismount**

FLOOR

Lunge, **partial handstand**, finish in lunge

Cartwheel, finish in lunge

Bring feet together, **backward roll**, land in squat and stand up

Candlestick, lay flat

Bridge hold 2 seconds, come down, stand up

Forward roll, stand up (arms by ears)

Forward chasse bad foot in front (arms side middle)

Close feet together, **straight jump**, finish