PERFORMANCE - PEACOCKS ROUTINES

Level 3:

VAULT - Handspring or ½ on (over stacked mats)

BARS -

1. Float Swing
2. Upwards Circle
3. Squat on ¾ giant
4. Straddle Undershoot with ½ turn dismount

BEAM -

1. Any Mount
2. ½ spin
3. Split Jump
4. Cartwheel
5. Roundoff

FLOOR -

1. Split leap linked W jump
2. Roundoff Flick
3. Full Spin
4. Backwards roll to handstand