

Advanced

Floor Routine

1

Cartwheel linked
to W jump

2

Full spin

3

Handstand hold

4

Roll out

5

Backward walkover
OR push up to bridge →
kickover

6

Round-off
OR round-off flick

7

Splits — finishing position

8

Present

Vault Routine

1

Jump to handstand
flatback on pile up



Small Steps
Big Progress