

Beginners

Floor Routine

1

Tuck jump

2

Arabesque

3

Forward roll to
straddle stand

4

Jump legs together

5

Rock backwards and
forwards in a ball

6

Push up to bridge

7

Come down with control

8

Cartwheel

Vault Routine

1

Squat on to a block

2

Tuck jump off



Small Steps
Big Progress