**FLYERS**

**VAULT**

Run jump with two feet on springboard, handstand flatback or front handspring over resi.

**BARS**
Pull-over, cast back hip circle, mill circle if possible, straddle undershoot dismount or a squat on straight jump dismount.

**BEAM**

Mount beam, split jump, straight jump, stick. “Favorite” leg pointed in front full turn on releve, stick. Chassé step leap, step leap. “Favorite” leg in front, handstand land on the beam, stick. Roundoff dismount or any other dismount off the beam they are able to do.

**FLOOR**

10 seconds of individualized choreography. Running Roundoff backhand spring (add a tuck if able) stick. Split jump, tuck jump (moving around the mat), fan kick with favorite leg, go right into chassé step leap. Full turn on releve in coupé position. Front handspring to corner of mat, stick. Backwards roll into pushup position, stand up front limber, kick over fall into split and then finish.

Note:

All advanced classes will modify routine to fit their current advanced skill level.