**LEAPERS**

**VAULT**

Run, jump with two feet on the springboard, land with feet together on resi mat. Step kick handstand flatback.

**BARS**
Jump to bar, bring chin to bar for 5secs, pull-over if possible, tuck hold for 5secs, hallow body swing with straight arms, swing dismount land with feet together.

**BEAM**

Mount beam, straight jump, two ice cream scoops, right leg front kick, left leg side kick, full turn, bunny hop to middle of beam, half turn, tuck jump dismount off beam.

**FLOOR**

Strike a pose, shake hips side to side 4 times, take two steps, candle stick, lunge, cartwheel, forward roll. Stand up. Two front kicks, half turn on relieve, Chasse, step puddle jump, stick. Cartwheel, finish.

Note:

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