**JUMPERS**

**VAULT**

Run, jump, two feet on springboard land with two feet together on 8” mat, step kick handstand flatback.

**BARS**  
Jump to bar, swing with straight legs, bring feet to bar (monkey hang) for 5secs, bring feet back down hang for 3secs, dismount off bar, stick.

**BEAM**

Mount beam, 2 steps on releve, 2 ice cream scoops, 2 bunny hops, turn halfway straight jump dismount off beam.

**FLOOR**

Strike a pose, take two steps, 2 forward rolls, stand. Right leg front kick, left leg front kick, turn around, shake hips side to side 4 times, forward roll, candle stick and finish.

Note:

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