Turtle Tots 3 & 4 Routines!

Bars

1. Salute
2. Chin up pullover
3. Three Casts
4. Bar Forward Roll Discmount
5. Salute

Beam

1. Salute
2. Passe Walks with Hands on Hips
3. Sideways Walks with Airplane Arms
4. Backward Walks
5. Salute

Floor

1. Salute
2. Log roll with chesse mat
3. Handstand with mat
4. jump over rope
5. Log roll cone to cone
6. Handstand on floor
7. Salute

Practice with videos at home!

Vault

1. Squat On

Turtle Tots 3 & 4 Routines!

Bars

1. Salute
2. Chin up pullover
3. Three Casts
4. Bar Forward Roll Discmount
5. Salute

Beam

1. Salute
2. Passe Walks with Hands on Hips
3. Sideways Walks with Airplane Arms
4. Backward Walks
5. Salute

Floor

1. Salute
2. Log roll with chesse mat
3. Handstand with mat
4. jump over rope
5. Log roll cone to cone
6. Handstand on floor
7. Salute

Practice with videos at home!

Vault

1. Squat On

Turtle Tots 5 Routines!

Practice with videos at home!

Bars

1. Glideswing
2. Spotted Pullover
3. Three Casts
4. Cast Off Dismount

Beam

1. Salute
2. Mount
3. Four Forward Releve Steps
4. Kick to Lunge, Lever T, Lunge
5. Straight Jump
6. Quarter Pivot Turn
7. Straight Jump to Safety
8. Salute

Floor

1. Salute
2. Beginning Pose: Mermaid Kicks x2, Roll to Back
3. 3-Second Bridge
4. Cartwheel
5. Forward Roll
6. Cartwheel
7. Handstand
8. Ending Pose: Slide Foot to Coupé with One Arm Up and One Arm Down
9. Salute

Boys do not perform the poses in the routine.

Vault

1. Run, Jump, Squat On
2. Straight Jump Dismount

Turtle Tots 5 Routines!

Practice with videos at home!

Bars

1. Glideswing
2. Spotted Pullover
3. Three Casts
4. Cast Off Dismount

Beam

1. Salute
2. Mount
3. Four Forward Releve Steps
4. Kick to Lunge, Lever T, Lunge
5. Straight Jump
6. Quarter Pivot Turn
7. Straight Jump to Safety
8. Salute

Floor

1. Salute
2. Beginning Pose: Mermaid Kicks x2, Roll to Back
3. 3-Second Bridge
4. Cartwheel
5. Forward Roll
6. Cartwheel
7. Handstand
8. Ending Pose: Slide Foot to Coupé with One Arm Up and One Arm Down
9. Salute

Boys do not perform the poses in the routine.

Vault

1. Run, Jump, Squat On
2. Straight Jump Dismount

Flips Basic Routines!

Bars

Practice with videos at home!

1. Glide Swing
2. Assisted Pullover
3. 2 Cast to 45 Degrees
4. Cast Away Dismount

Beam

1. Salute
2. Mount
3. Backwards Walk
4. Kick Lunge, Lever, Lunge, Flush
5. Forward Releve Walk
6. Straight Jump
7. Quarter Pivot Turn Straight Jump to Safety
8. Salue

Floor

1. Salute
2. Beginning Pose: Arm Roll to the Side, Repeat on the Other Side
3. Kick Lunge, Handstand, Lunge, Flush
4. Forward Roll
5. Kick Lunge, Cartwheel, Lunge, Flush
6. Jump to Straddle, Straddle Roll,
7. Pivot
8. Sashe, Step Together, Split Jump
9. Backward Roll
10. Ending Pose: Drop Down to One Knee with One Hand on Head and the Other Arm Out to the Side
11. Salute

*Boys do perform the poses.

Vault

1. Run, Jump, Squat On
2. Tuck Jump Dismount

Flips Basic Routines!

Bars

Practice with videos at home!

1. Glide Swing
2. Assisted Pullover
3. 2 Cast to 45 Degrees
4. Cast Away Dismount

Beam

1. Salute
2. Mount
3. Backwards Walk
4. Kick Lunge, Lever, Lunge, Flush
5. Forward Releve Walk
6. Straight Jump
7. Quarter Pivot Turn Straight Jump to Safety
8. Salue

Floor

1. Salute
2. Beginning Pose: Arm Roll to the Side, Repeat on the Other Side
3. Kick Lunge, Handstand, Lunge, Flush
4. Forward Roll
5. Kick Lunge, Cartwheel, Lunge, Flush
6. Jump to Straddle, Straddle Roll,
7. Pivot
8. Sashe, Step Together, Split Jump
9. Backward Roll
10. Ending Pose: Drop Down to One Knee with One Hand on Head and the Other Arm Out to the Side
11. Salute

*Boys do perform the poses.

Vault

1. Run, Jump, Squat On
2. Tuck Jump Dismount

Flips Routines!

Practice with videos at home!

Bars

1. Chin Hang for 3 Sec.
2. Pullover
3. Cast
4. Back Hip Circle
5. Bar Forward Roll

Beam

1. Salute
2. Mount
3. Pose: Hand Out x2, Then Make a Circle and Stand to Flush
4. Open Leg Handstand
5. Split Jump
6. Pivot
7. Backward Releve Walks
8. Pose: Muscle Arms, Leg Popped
9. Kick Lunge, Side Handstand Dismount
10. Salute

Floor

1. Salute, start in middle of the floor
2. Beginning Pose: On One Knee, Wait 2 Beats, Flat Hand Out x2, Then Make a Circle and Stand to Flush
3. Half Passé Turn
4. Pose: Head Roll, x3 Fist and Leg Hits
5. Cartwheel
6. Backward Roll
7. Sashe, Step, Leap, Flush
8. Straight-Arm Forward Roll
9. Ending Pose: Muscle Arms, Leg Popped
10. Salute

Vault

1. Pike On
2. Straddle Jump Dismount

Flips Routines!

Practice with videos at home!

Bars

1. Chin Hang for 3 Sec.
2. Pullover
3. Cast
4. Back Hip Circle
5. Bar Forward Roll

Beam

1. Salute
2. Mount
3. Pose: Hand Out x2, Then Make a Circle and Stand to Flush
4. Open Leg Handstand
5. Split Jump
6. Pivot
7. Backward Releve Walks
8. Pose: Muscle Arms, Leg Popped
9. Kick Lunge, Side Handstand Dismount
10. Salute

Floor

1. Salute, start in middle of the floor
2. Beginning Pose: On One Knee, Wait 2 Beats, Flat Hand Out x2, Then Make a Circle and Stand to Flush
3. Half Passé Turn
4. Pose: Head Roll, x3 Fist and Leg Hits
5. Cartwheel
6. Backward Roll
7. Sashe, Step, Leap, Flush
8. Straight-Arm Forward Roll
9. Ending Pose: Muscle Arms, Leg Popped
10. Salute

Vault

1. Pike On
2. Straddle Jump Dismount

Pre Elite Routines!

Bars

Practice with videos at home!

1. Pullover
2. Cast
3. Back Hip Circle
4. Straddle Dismount

Beam

1. Salute
2. Mount: Swing to Push Up
3. Pose: Diagonal arms with foot pop, switch legs.
4. Kick Lunge, Handstand, Lunge, Flush
5. Step, Step, Leap
6. Split Jump
7. Kick Lunge, ½ Passe Turn, Finish, Flush
8. Kick Lunge, Side Handstand Dismount
9. Salute

Floor

1. Opening Pose: Start in candle stick-in, circle legs × 3, kicks.
2. Kick Lunge, ½ Passe Turn, Finish, Flush.
3. Kick Lunge, Handstand Forward Roll.
4. Pose: Diagonal arms with foot pop, switch legs.
5. Chassé, Step Leap, Assemble, Tuck Jump.
6. Pose: Arms burst open to the sides, turn around.
7. Cartwheel Cap, Backward Roll to Push-Up with Straight Arms, Jump to Squat, and Stand.
8. Backbend Kickover or Back Walkover, Lunge, Flush.
9. Ending Pose: Arms crossed with feet apart.
10. Salute.

Vault

1. Handstand Fall Flat with 3 8"

Pre Elite Routines!

Bars

Practice with videos at home!

1. Pullover
2. Cast
3. Back Hip Circle
4. Straddle Dismount

Beam

1. Salute
2. Mount: Swing to Push Up
3. Pose: Diagonal arms with foot pop, switch legs.
4. Kick Lunge, Handstand, Lunge, Flush
5. Step, Step, Leap
6. Split Jump
7. Kick Lunge, ½ Passe Turn, Finish, Flush
8. Kick Lunge, Side Handstand Dismount
9. Salute

Floor

1. Opening Pose: Start in candle stick-in, circle legs × 3, kicks.
2. Kick Lunge, ½ Passe Turn, Finish, Flush.
3. Kick Lunge, Handstand Forward Roll.
4. Pose: Diagonal arms with foot pop, switch legs.
5. Chassé, Step Leap, Assemble, Tuck Jump.
6. Pose: Arms burst open to the sides, turn around.
7. Cartwheel Cap, Backward Roll to Push-Up with Straight Arms, Jump to Squat, and Stand.
8. Backbend Kickover or Back Walkover, Lunge, Flush.
9. Ending Pose: Arms crossed with feet apart.
10. Salute.

Vault

1. Handstand Fall Flat with 3 8"

Jr Elite Routines!

Practice with videos at home!

Bars

1. Pullover
2. Cast
3. Back Hip Circle
4. Pike Dismount

Beam

1. Salute
2. Mount: Swing to Push-Up
3. Pose: Arms down to one side, with one arm sliding up the other, then popping the top arm up, then done.
4. Kick Lunge, ½ Passé Turn, Finish, Flush
5. Kick Lunge, Handstand, Lunge
6. Pose: One hand on hip and the other on head, with foot in passé.
7. Step, Step, Leap, Step-Lock
8. pivot
9. Split Jump
10. Kick Lunge, Side Handstand Twist Dismount
11. Salute

Floor

1. Salute
2. Beginning Pose: Sit on bottom with legs bent, looking over shoulder. Slide one hand up the other and bend arm on 2 beats, straddle roll to stand.
3. Round-Off, Backward Roll to Push-Up with Straight Arms
4. Pose: Drop to hips, tight arch with feet raising off the ground. Turn over to bottom with one bent leg over the other and push bottom up on beat. Gravel roll to stand.
5. Kick Lunge, Full Passé Turn, Finish, Flush
6. Pose: Arm circle back with step back in passé.
7. Kick Lunge, Handstand Forward Roll, Cartwheel
8. Pose: One hand on head, other on hip, with foot in passé.
9. Back Walkover
10. Pose: Hands together with arms up. Body roll with step back ×2. Arm circle in front, stopping with one hand on head and the other out to the side. Hand flick, drop low in squat, pop up to straddle, passé extension.
11. Sashe, Step Leap, Assemblé, Tuck Jump
12. Ending Pose: Drop down to one knee. Arm wave behind back ×2. Roll to bottom, arm swipe in the front. Switch legs and fall back in arch.
13. Salute

Vault

1. Handstand Fall Flat (On 4 8")

Jr Elite Routines!

Practice with videos at home!

Bars

1. Pullover
2. Cast
3. Back Hip Circle
4. Pike Dismount

Beam

1. Salute
2. Mount: Swing to Push-Up
3. Pose: Arms down to one side, with one arm sliding up the other, then popping the top arm up, then done.
4. Kick Lunge, ½ Passé Turn, Finish, Flush
5. Kick Lunge, Handstand, Lunge
6. Pose: One hand on hip and the other on head, with foot in passé.
7. Step, Step, Leap, Step-Lock
8. pivot
9. Split Jump
10. Kick Lunge, Side Handstand Twist Dismount
11. Salute

Floor

1. Salute
2. Beginning Pose: Sit on bottom with legs bent, looking over shoulder. Slide one hand up the other and bend arm on 2 beats, straddle roll to stand.
3. Round-Off, Backward Roll to Push-Up with Straight Arms
4. Pose: Drop to hips, tight arch with feet raising off the ground. Turn over to bottom with one bent leg over the other and push bottom up on beat. Gravel roll to stand.
5. Kick Lunge, Full Passé Turn, Finish, Flush
6. Pose: Arm circle back with step back in passé.
7. Kick Lunge, Handstand Forward Roll, Cartwheel
8. Pose: One hand on head, other on hip, with foot in passé.
9. Back Walkover
10. Pose: Hands together with arms up. Body roll with step back ×2. Arm circle in front, stopping with one hand on head and the other out to the side. Hand flick, drop low in squat, pop up to straddle, passé extension.
11. Sashe, Step Leap, Assemblé, Tuck Jump
12. Ending Pose: Drop down to one knee. Arm wave behind back ×2. Roll to bottom, arm swipe in the front. Switch legs and fall back in arch.
13. Salute

Vault

1. Handstand Fall Flat (On 4 8")

Boys Basic Routines!

Bars

1. Chin Hang
2. Assisted Pullover
3. Three Casts
4. Safety

Rings

1. Pike
2. Three Swings
3. Safety

Practice with videos at home!

Floor

1. Round off
2. Handstand
3. Cartwheel
4. Forward Roll
5. Tuck Jump

Vault

1. Straight Jump on 3 8"

Boys Basic Routines!

Bars

1. Chin Hang
2. Assisted Pullover
3. Three Casts
4. Safety

Rings

1. Pike
2. Three Swings
3. Safety

Practice with videos at home!

Floor

1. Round off
2. Handstand
3. Cartwheel
4. Forward Roll
5. Tuck Jump

Vault

1. Straight Jump on 3 8"

Boys Gymnastics Routines!

Bars

1. Chin Hang
2. Pullover
3. Assisted Back Hip Circle
4. Three Casts
5. Under Shoot Dismount

Rings

1. "L" Hold
2. Three Swings
3. Hollow Hold
4. German Hang
5. Safety

Practice with videos at home!

Floor

1. Round Off
2. Straddel roll
3. Handstand
4. Backwards Roll
5. Forward Roll to Handstand
6. Tuck Jump

Vault

1. Handstand Fall Flat

Boys Gymnastics Routines!

Bars

1. Chin Hang
2. Pullover
3. Assisted Back Hip Circle
4. Three Casts
5. Under Shoot Dismount

Rings

1. "L" Hold
2. Three Swings
3. Hollow Hold
4. German Hang
5. Safety

Practice with videos at home!

Floor

1. Round Off
2. Straddel roll
3. Handstand
4. Backwards Roll
5. Forward Roll to Handstand
6. Tuck Jump

Vault

1. Handstand Fall Flat

Beg. Tumbling Routines!

Routine #1 Defying Gravity

1. Beginning Pose: Feet together, sitting on bum. Candlestick with one foot bent to stand.
2. Forward Roll.
3. Kick Lunge, Cartwheel, Step-Through Cartwheel.
4. Three Passé Steps with Arms Going Up.
5. Split Jump, Tuck Jump.
6. Side Chassé, Gravel Roll, Lie Down with Bent Legs.

Routine #2 Cuban Spark

1. Beginning Pose: Grab arms above head, burst arms down, putting hands on your hips, then leg pop ×2.
2. Flush, backbend, lift a leg for 3 seconds.
3. Candlestick to stand.
4. Roundoff, backward roll to push-up.
5. Drag to knees, pop one leg out with arms in an L, step, stand up.
6. Straight Jump.
7. Handstand, forward roll.
8. Ending Pose: Hands on hips, feet facing forward, body to the side.

Routine #3 Carmen

1. Beginning Pose: Stand to the side with one leg popped, arm circle, switch legs, flush.
2. Forward Roll, Forward Roll.
3. Straddle Jump, Flush.
4. Back Walkover / Backbend Kickover.
5. Straddle Roll.
6. Ending Pose: One arm up, the other bent in front of your chest, flick hands.

Practice with videos at home!

Beg. Tumbling Routines!

Routine #1 Defying Gravity

1. Beginning Pose: Feet together, sitting on bum. Candlestick with one foot bent to stand.
2. Forward Roll.
3. Kick Lunge, Cartwheel, Step-Through Cartwheel.
4. Three Passé Steps with Arms Going Up.
5. Split Jump, Tuck Jump.
6. Side Chassé, Gravel Roll, Lie Down with Bent Legs.

Routine #2 Cuban Spark

1. Beginning Pose: Grab arms above head, burst arms down, putting hands on your hips, then leg pop ×2.
2. Flush, backbend, lift a leg for 3 seconds.
3. Candlestick to stand.
4. Roundoff, backward roll to push-up.
5. Drag to knees, pop one leg out with arms in an L, step, stand up.
6. Straight Jump.
7. Handstand, forward roll.
8. Ending Pose: Hands on hips, feet facing forward, body to the side.

Routine #3 Carmen

1. Beginning Pose: Stand to the side with one leg popped, arm circle, switch legs, flush.
2. Forward Roll, Forward Roll.
3. Straddle Jump, Flush.
4. Back Walkover / Backbend Kickover.
5. Straddle Roll.
6. Ending Pose: One arm up, the other bent in front of your chest, flick hands.

Practice with videos at home!

Int. Tumbling Routines!

Routine #1 Defying Gravity

1. Beginning Pose: Feet together, sitting on bum. Candlestick with one foot bent to stand.
2. Straight Arm Forward Roll
3. Kick Lunge, Cartwheel, Step-Through Front Walkover
4. Three Passé Steps with Arms Going Up.
5. Split Jump, Tuck Jump.
6. Side Chassé, Gravel Roll, Lie Down with Bent Legs.

Routine #2 Cuban Spark

1. Beginning Pose: Grab arms above head, burst arms down, putting hands on your hips, then leg pop ×2.
2. Flush, Backwalkover, Step Together.
3. Candlestick to Tuck Jump
4. Roundoff, backward roll to push-up/back handspring
5. Running Aerial
6. Handstand, forward roll.
7. Ending Pose: Hands on hips, feet facing forward, body to the side.

Routine #3 Carmen

1. Beginning Pose: Stand to the side with one leg popped, arm circle, switch legs, flush.
2. Running Aerial
3. Straddle Jump, Flush.
4. Tick Tock
5. Straddle Roll to Straddle Press to Headstand
6. Ending Pose: One arm up, the other bent in front of your chest, flick hands.

Practice with videos at home!

Int. Tumbling Routines!

Routine #1 Defying Gravity

1. Beginning Pose: Feet together, sitting on bum. Candlestick with one foot bent to stand.
2. Straight Arm Forward Roll
3. Kick Lunge, Cartwheel, Step-Through Front Walkover
4. Three Passé Steps with Arms Going Up.
5. Split Jump, Tuck Jump.
6. Side Chassé, Gravel Roll, Lie Down with Bent Legs.

Routine #2 Cuban Spark

1. Beginning Pose: Grab arms above head, burst arms down, putting hands on your hips, then leg pop ×2.
2. Flush, Backwalkover, Step Together.
3. Candlestick to Tuck Jump
4. Roundoff, backward roll to push-up/back handspring
5. Running Aerial
6. Handstand, forward roll.
7. Ending Pose: Hands on hips, feet facing forward, body to the side.

Routine #3 Carmen

1. Beginning Pose: Stand to the side with one leg popped, arm circle, switch legs, flush.
2. Running Aerial
3. Straddle Jump, Flush.
4. Tick Tock
5. Straddle Roll to Straddle Press to Headstand
6. Ending Pose: One arm up, the other bent in front of your chest, flick hands.

Practice with videos at home!

Pre Team Routines!

Practice with videos at home!

Bars

1. Pullover
2. Cast
3. Back Hip Circle
4. Cast Off

Beam

1. Salute
2. Mount: Swing to Squat
3. Pivot Turn
4. Step, Kick Lunge, Lever Touch, Lunge, Flush
5. Straight Jump
6. Step, Kick Lunge, Side Handstand Dismount
7. Salute

Floor

1. Salute
2. Opening Pose: "Lightswitch" movement, "Surfer Girl" pose, flush
3. TOndu, Kick Lunge ½ Passe Turn
4. Tondu, Kick Lunge, Cartwheel Cap, Backwards Roll to Squat
5. Jump up and to the swide, "Surfer Wiggle" pose, flush facing the orginial direction.
6. Forward Roll
7. Sashe, Step, Leap, Assemble Tuck Jump
8. Ending Pose: Step forward and to the side with "IDK" arms.
9. Salute

Vault

1. Handstand Fall Flat (On 3 8")

Pre Team Routines!

Practice with videos at home!

Bars

1. Pullover
2. Cast
3. Back Hip Circle
4. Cast Off

Beam

1. Salute
2. Mount: Swing to Squat
3. Pivot Turn
4. Step, Kick Lunge, Lever Touch, Lunge, Flush
5. Straight Jump
6. Step, Kick Lunge, Side Handstand Dismount
7. Salute

Floor

1. Salute
2. Opening Pose: "Lightswitch" movement, "Surfer Girl" pose, flush
3. TOndu, Kick Lunge ½ Passe Turn
4. Tondu, Kick Lunge, Cartwheel Cap, Backwards Roll to Squat
5. Jump up and to the swide, "Surfer Wiggle" pose, flush facing the orginial direction.
6. Forward Roll
7. Sashe, Step, Leap, Assemble Tuck Jump
8. Ending Pose: Step forward and to the side with "IDK" arms.
9. Salute

Vault

1. Handstand Fall Flat (On 3 8")