



Turtle Tots 3 & 4 Routines!

Bars

1. Jump to Front Support
2. Three Casts
3. Cast Off

Beam

1. Salute
2. Bear Walks
3. Scoop Walks with Airplane Arms
4. Passe Walks with Hands on Hip

Floor

1. Salute
2. Cartwheel
3. Forward Roll
4. Handstand
5. Army Crawl
6. Forward Roll
7. Cartwheel
8. Salute

Practice with videos
at home!



Vault

1. Squat On



Turtle Tots 3 & 4 Routines!

Bars

1. Jump to Front Support
2. Three Casts
3. Cast Off

Beam

1. Salute
2. Bear Walks
3. Scoop Walks with Airplane Arms
4. Passe Walks with Hands on Hip

Floor

1. Salute
2. Cartwheel
3. Forward Roll
4. Handstand
5. Army Crawl
6. Forward Roll
7. Cartwheel
8. Salute

Practice with videos
at home!



Vault

1. Squat On



Turtle Tots 5 Routines!

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. Four Backward Steps
6. Quarter Pivot Turn
7. Straight Jump to Safety
8. Salute

Floor

1. Salute
2. Beginning Pose: Alternate arms lifting with feet alternating popped arch position.
3. Kick to Lunge, Handstand, Lunge, Flush
4. Straight Jump
5. Straddle Forward Roll
6. Kick Lunge, Cartwheel, Lunge, Flush
7. Lay Down, Bridge Up, Hold 3 Counts, Bridge Down, Roll Over
8. Ending Pose: Both legs kick 3 times together.
9. Salute

*Boys do not perform the poses in routine.

Vault

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

Practice with videos at home!



Turtle Tots 5 Routines!

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. Four Backward Steps
6. Quarter Pivot Turn
7. Straight Jump to Safety
8. Salute

Floor

1. Salute
2. Beginning Pose: Alternate arms lifting with feet alternating popped arch position.
3. Kick to Lunge, Handstand, Lunge, Flush
4. Straight Jump
5. Straddle Forward Roll
6. Kick Lunge, Cartwheel, Lunge, Flush
7. Lay Down, Bridge Up, Hold 3 Counts, Bridge Down, Roll Over
8. Ending Pose: Both legs kick 3 times together.
9. Salute

*Boys do not perform the poses in routine.

Vault

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

Practice with videos at home!





Flips Basic Routines!

Bars

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

Practice with videos
at home!



Beam

1. Salute
2. Mount
3. Four Forward Arabesque Kicks
4. Kick Lunge, Lever T, Lunge, Flush
5. Straight Jump
6. Pivot Turn
7. Three Backward Steps
8. Quarter Pivot Turn Straight Jump to Safety
9. Salute

Floor

1. Salute
2. Beginning Pose: Straddle Stand. Hands clap three times in a arch. Step together.
3. Kick Lunge, Handstand, Lunge, Flush
4. Forward Roll
5. Kick Lunge, Cartwheel, Lunge, Flush
6. Jump to Straddle, Straddle Roll, Stopping on Bum
7. Lay Back, Bridge Up, Lift One Leg and Hold for 1 Count, Bridge Down
8. Roll Over, Push Up, Jump to Squat, Stand
9. Tuck Jump
10. Ending Pose: Hands on Hips, Four Running Steps, Then One Hand on Hip, Step Forward, Other Arm Lifted
11. Salute

*Boys do perform the poses.

Vault

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



Flips Basic Routines!

Bars

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

Practice with videos
at home!



Beam

1. Salute
2. Mount
3. Four Forward Arabesque Kicks
4. Kick Lunge, Lever T, Lunge, Flush
5. Straight Jump
6. Pivot Turn
7. Three Backward Steps
8. Quarter Pivot Turn Straight Jump to Safety
9. Salute

Floor

1. Salute
2. Beginning Pose: Straddle Stand. Hands clap three times in a arch. Step together.
3. Kick Lunge, Handstand, Lunge, Flush
4. Forward Roll
5. Kick Lunge, Cartwheel, Lunge, Flush
6. Jump to Straddle, Straddle Roll, Stopping on Bum
7. Lay Back, Bridge Up, Lift One Leg and Hold for 1 Count, Bridge Down
8. Roll Over, Push Up, Jump to Squat, Stand
9. Tuck Jump
10. Ending Pose: Hands on Hips, Four Running Steps, Then One Hand on Hip, Step Forward, Other Arm Lifted
11. Salute

*Boys do perform the poses.

Vault

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



Flips Routines!

Bars

1. Chin Hang for 3 Sec.
2. Pullover
3. Cast
4. Bar Forward Roll

Beam

1. Salute
2. Mount
3. Pose: Step to Straddle, Hip Swing, Arms Raise Up then Down
4. Four Forward Passe Steps
5. Tuck Jump
6. Kick Lunge, ½ Passe Turn, Finish, Flush
7. Kick Lunge, Open Legged Handstand, Lunge, Flush
8. Pose: Step to Lunge with "Crown Hands", Flush
9. Kick Lunge, Side Handstand Dismount
10. Salute

Floor

1. Salute
2. Beginning Pose: Tuck Sit, Kick Legs 2x, Turn Over to Squat Stand, Flush
3. Sashe, Step, Leap, Flush
4. Tuck Jump
5. Pose: Tuck Jump to Straddle Stand, Hip Swing as Arms Raise Up then Down
6. Kick Lunge, Cartwheel Cap to Backwards Roll to Squat
7. Half Squat Turn, Lay Down
8. Bridge Up, Leg Lift Hold or Kick Over
9. Ending Pose: One Foot Popped Arch to the Side with "Crown Hands"
10. Salute

Vault

1. Pike On
2. Straddle Jump Dismount

Practice with videos at home!



Flips Routines!

Bars

1. Chin Hang for 3 Sec.
2. Pullover
3. Cast
4. Bar Forward Roll

Beam

1. Salute
2. Mount
3. Pose: Step to Straddle, Hip Swing, Arms Raise Up then Down
4. Four Forward Passe Steps
5. Tuck Jump
6. Kick Lunge, ½ Passe Turn, Finish, Flush
7. Kick Lunge, Open Legged Handstand, Lunge, Flush
8. Pose: Step to Lunge with "Crown Hands", Flush
9. Kick Lunge, Side Handstand Dismount
10. Salute

Floor

1. Salute
2. Beginning Pose: Tuck Sit, Kick Legs 2x, Turn Over to Squat Stand, Flush
3. Sashe, Step, Leap, Flush
4. Tuck Jump
5. Pose: Tuck Jump to Straddle Stand, Hip Swing as Arms Raise Up then Down
6. Kick Lunge, Cartwheel Cap to Backwards Roll to Squat
7. Half Squat Turn, Lay Down
8. Bridge Up, Leg Lift Hold or Kick Over
9. Ending Pose: One Foot Popped Arch to the Side with "Crown Hands"
10. Salute

Vault

1. Pike On
2. Straddle Jump Dismount

Practice with videos at home!





Pre Elite Routines!

Bars

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

Beam

1. Salute
2. Mount: Swing to Push Up
3. Pose: Step Forward to Straddle, Arm Sweep, Turn, Flush
4. Kick Lunge, Handstand, Lunge, Flush
5. Four Passe Steps with Hands on Hips
6. Split Jump
7. Kick Lunge, ½ Passe Turn, Finish, Flush
8. Kick Lunge, Side Handstand Dismount
9. Salute

Floor

1. Salute
2. Opening Pose: On Separated Knees, Hands on Hips, Arm Sweep, Jump to Squat, Stand
3. Kick Lunge, ½ Passe Turn, Finish, Flush
4. Kick Lunge, Handstand Forward Roll
5. Pose: Step to Straddle, Hip Half Circle with Hands on Hips
6. Sashe, Step Leap, Assemble, Straddle Jump
7. Pose: Hands on Hips, Four Twisted Passe Steps, Cross Foot Over and Turn to Flush
8. Round Off, Rebound, Backwards Roll to Squat, Stand
9. Back Bend Kick Over or Back Walkover, Lunge, Flush
10. Candlestick to Ending Pose: One Leg Straight, Other is Bent in Passe, Arms Cross Over Chest and Straighten to the Sides
11. Salute

Vault

1. Handstand Fall Flat with 3 8"

Practice with videos at home!



Bars

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

Beam

1. Salute
2. Mount: Swing to Push Up
3. Pose: Step Forward to Straddle, Arm Sweep, Turn, Flush
4. Kick Lunge, Handstand, Lunge, Flush
5. Four Passe Steps with Hands on Hips
6. Split Jump
7. Kick Lunge, ½ Passe Turn, Finish, Flush
8. Kick Lunge, Side Handstand Dismount
9. Salute

Floor

1. Salute
2. Opening Pose: On Separated Knees, Hands on Hips, Arm Sweep, Jump to Squat, Stand
3. Kick Lunge, ½ Passe Turn, Finish, Flush
4. Kick Lunge, Handstand Forward Roll
5. Pose: Step to Straddle, Hip Half Circle with Hands on Hips
6. Sashe, Step Leap, Assemble, Straddle Jump
7. Pose: Hands on Hips, Four Twisted Passe Steps, Cross Foot Over and Turn to Flush
8. Round Off, Rebound, Backwards Roll to Squat, Stand
9. Back Bend Kick Over or Back Walkover, Lunge, Flush
10. Candlestick to Ending Pose: One Leg Straight, Other is Bent in Passe, Arms Cross Over Chest and Straighten to the Sides
11. Salute

Vault

1. Handstand Fall Flat with 3 8"

Practice with videos at home!





Boys Basic Routines!

Bars

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

Rings

1. Tuck
2. Three Swings
3. Safety

Practice with videos
at home!



Floor

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

Vault

1. Dive Forward Roll



Boys Basic Routines!

Bars

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

Rings

1. Tuck
2. Three Swings
3. Safety

Practice with videos
at home!



Floor

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

Vault

1. Dive Forward Roll



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. Tuck Planche
2. Round Off
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. Tuck Planche
2. Round Off
3. Handstand
4. Backwards Roll
5. Forward Roll to Handstand
6. Tuck Jump

Vault

1. Handstand Fall Flat



Tumbling Routines!

Routine #1

1. Beginning Pose: Lunge, Arms Sweep Up One at a Time, Flush
2. Forward Roll
3. Kick Lunge, Cartwheel, Lunge, Flush
4. Back Bend Kick Over or Back Walkover
5. Kick Lunge, Handstand, Lunge, Flush
6. Ending Pose: One Foot in Popped Arch, One Arm Down, Other is Raised

Routine #2

1. Beginning Pose: On One Knee, Lean Back as Arms Circle Up and Back Forward to Stand
2. Round Off
3. Backwards Roll to Squat
4. Lay Back to Bridge Up, Hold for 3 Counts, Lay Down, Rock to Stand
5. Kick Lunge, Cartwheel, Lunge
6. Pose: Step Together, Arms to the Side, One Arm Comes Over and Sweeps Back Out
7. Straight Jump
8. Forward Roll to Sit
9. Ending Pose: Arms Lean Back, One Leg Straightens, Other Leg Kicks Up and Over Straight Leg, Head Goes Back

Practice with videos at home!



Routine #3

1. Salute
2. Forward Roll
3. Kick Lunge, Cartwheel, Lunge, Flush
4. Lay Down, Bridge Up, Hold for 3 Counts, Lay Down, Roll Over, Push Up, Jump to Squat, Stand
5. Round Off
6. Back Walkover or Back Bend Kick Over
7. Salute



Tumbling Routines!

Routine #1

1. Beginning Pose: Lunge, Arms Sweep Up One at a Time, Flush
2. Forward Roll
3. Kick Lunge, Cartwheel, Lunge, Flush
4. Back Bend Kick Over or Back Walkover
5. Kick Lunge, Handstand, Lunge, Flush
6. Ending Pose: One Foot in Popped Arch, One Arm Down, Other is Raised

Routine #2

1. Beginning Pose: On One Knee, Lean Back as Arms Circle Up and Back Forward to Stand
2. Round Off
3. Backwards Roll to Squat
4. Lay Back to Bridge Up, Hold for 3 Counts, Lay Down, Rock to Stand
5. Kick Lunge, Cartwheel, Lunge
6. Pose: Step Together, Arms to the Side, One Arm Comes Over and Sweeps Back Out
7. Straight Jump
8. Forward Roll to Sit
9. Ending Pose: Arms Lean Back, One Leg Straightens, Other Leg Kicks Up and Over Straight Leg, Head Goes Back

Practice with videos at home!



Routine #3

1. Salute
2. Forward Roll
3. Kick Lunge, Cartwheel, Lunge, Flush
4. Lay Down, Bridge Up, Hold for 3 Counts, Lay Down, Roll Over, Push Up, Jump to Squat, Stand
5. Round Off
6. Back Walkover or Back Bend Kick Over
7. Salute



Pre Team Routines!

Bars

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

Practice with videos
at home!



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: "Hip" Passe, "Hip" Passe, "L" Passe, "L" Passe
3. Sashe, Step, Leap, Assemble Tuck Jump
4. Forward Roll
5. Step, Kick Lunge, 1/2 Passe Turn
6. Cartwheel Cap, Backwards Roll to Squat
7. Ending Pose: Sit Back to Bum, One Leg Drags Out as Heads Goes Back
8. Salute

Vault

1. Handstand Fall Flat (On 3 8")



Pre Team Routines!

Bars

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

Practice with videos
at home!



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: "Hip" Passe, "Hip" Passe, "L" Passe, "L" Passe
3. Sashe, Step, Leap, Assemble Tuck Jump
4. Forward Roll
5. Step, Kick Lunge, 1/2 Passe Turn
6. Cartwheel Cap, Backwards Roll to Squat
7. Ending Pose: Sit Back to Bum, One Leg Drags Out as Heads Goes Back
8. Salute

Vault

1. Handstand Fall Flat (On 3 8")



Jr Elite Routines!

Bars

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

Practice with videos
at home!



Beam

1. Salute
2. Mount: Swing to Push Up
3. Tuck Jump
4. Pose: One Arm Raises Up & Down, Feet Alternate Popped Arch
At the Same Time
5. Kick Lunge, ½ Passe Turn, Finish, Flush
6. Kick Lunge, Handstand, Lunge
7. Pose: Drop Back to One Knee, Arms Sweep Down, Stand
8. Step, Step, Leap, Step Lock
9. Pivot
10. Kick Lunge, Side Handstand Twist Dismount
11. Salute

Floor

1. Salute
2. Beginning Pose: Hand on Hip, Other Arm Goes Up & Down
While Feet Alternate Popped Arch
3. Kick Lunge, Cartwheel Cap, Backwards Roll to Push Up
Position, Jump to Squat, Stand
4. Kick Lunge, ½ Passe Turn, Finish, Flush
5. Step Passe with "Crown Hands"
6. Kick Lunge, Handstand Forward Roll
7. Back Walkover
8. Pose: Drop to One Knee, Leg Straightens and Circles Around
Till on Hands and Knees, Stand
9. Sashe, Step Leap, Assemble, Straddle Jump
10. Cross Step Over and Turn to Other Side
11. Round Off, Rebound, Backwards Roll to Push Up, Jump to
Squat, Stand
12. Ending Pose: One Foot Picks Up and Goes to Straddle, Drop to
Knees, Lean Back on One Arm, and Other Arm Stretches Up
13. Salute

Vault

1. Handstand Fall Flat (On 4 8")



Jr Elite Routines!

Bars

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

Practice with videos
at home!



Beam

1. Salute
2. Mount: Swing to Push Up
3. Tuck Jump
4. Pose: One Arm Raises Up & Down, Feet Alternate Popped Arch
At the Same Time
5. Kick Lunge, ½ Passe Turn, Finish, Flush
6. Kick Lunge, Handstand, Lunge
7. Pose: Drop Back to One Knee, Arms Sweep Down, Stand
8. Step, Step, Leap, Step Lock
9. Pivot
10. Kick Lunge, Side Handstand Twist Dismount
11. Salute

Floor

1. Salute
2. Beginning Pose: Hand on Hip, Other Arm Goes Up & Down
While Feet Alternate Popped Arch
3. Kick Lunge, Cartwheel Cap, Backwards Roll to Push Up
Position, Jump to Squat, Stand
4. Kick Lunge, ½ Passe Turn, Finish, Flush
5. Step Passe with "Crown Hands"
6. Kick Lunge, Handstand Forward Roll
7. Back Walkover
8. Pose: Drop to One Knee, Leg Straightens and Circles Around
Till on Hands and Knees, Stand
9. Sashe, Step Leap, Assemble, Straddle Jump
10. Cross Step Over and Turn to Other Side
11. Round Off, Rebound, Backwards Roll to Push Up, Jump to
Squat, Stand
12. Ending Pose: One Foot Picks Up and Goes to Straddle, Drop to
Knees, Lean Back on One Arm, and Other Arm Stretches Up
13. Salute

Vault

1. Handstand Fall Flat (On 4 8")