

1 Hour Routine

7 and Under:

1. 3 skips
2. Straight jump, tuck jump, star jump (connected)
3. Forward roll to pike
4. Shoulder stand, rock forwards to straddle
5. 1 teddy bear roll, finish in straddle
6. Dish hold (3 seconds)
7. Rock to squat, bunny hop
8. Arabesque