

1 Hour Routines

8-10 years:

1. 3 skips
2. Forward roll to bunny hop (connected)
3. Half turn jump
4. Forward roll to straddle
5. 2 teddy bear rolls, finish in straddle
6. Close legs to pike, rock back to shoulder stand hold (3 seconds)
7. Rock forwards to stand, Cartwheel
8. Half handstand