

1 Hour Routines

11 years+

1. 3 skips
2. Full turn jump
3. Forward roll into cartwheel
4. Free roll to pike
5. Shoulder stand hold (5 seconds), finish in pike
6. Lay flat, push up to bridge hold (3 seconds)
7. Back support hold (3 seconds), turn to front support, 1 press up
8. Handstand