

## **2 Hour Routines- Class 6**

### **7 and Under:**

1. 5 skips
2. Forward roll, full turn jump
3. Cartwheel, lift 1 leg turn cartwheel (connected)
4. Free roll to pike
5. Lay flat, push up to bridge hold (3 seconds) come down to tuck
6. Rock to dish, roll to arch
7. Push up to front support 1 press up
8. Jump to squat, stand, arabesque hold (3 seconds)
9. 2 side skips
10. Run round off

### **8-10 years:**

1. 5 skips
2. Tuck jump, star jump, half turn jump
3. Handstand forward roll
4. Step Half spin
5. Cartwheel, lift 1 leg turn into 1 handed cartwheel (connected)
6. Free roll to straddle, fold to japana hold (3 seconds)
7. Rock back to shoulder stand hold (5 seconds), finish in pike hold vsit (3 seconds)
8. Lay flat, Push up to bridge, hold 1 leg up straight (3 seconds)
9. Rock to stand, Chasse
10. Run round off into immediate star jump

### **11 years+:**

1. Handstand forward roll cartwheel
2. 5 skips
3. Tuck jump, star jump, full turn jump
4. Free roll to pike
5. Pike fold hold (3 seconds) hands flat on floor next to feet
6. Dish hold (3 seconds) 3 vsits
7. Lay flat, push up to bridge, hold 1 leg up straight (3 seconds) kick over to stand
8. Chasse catleap
9. Full spin
10. Run round off half turn 1 handed cartwheel