

2019-2027 Gymnastics Routines

Vault:

Salute, run, jump onto board and straight jump up onto mats, salute

Beam:

Salute

Step onto side of beam

Walk sideways 5 steps to right

Walk sideways 5 steps to left

Balance

Turn

March to end of beam

Straight jump off

Salute

Floor:

Salute

Balance

3 Gallops (can be marching steps), $\frac{1}{4}$ turn

Lay on floor – 2 log rolls – Superman - Stand, $\frac{1}{4}$ turn

Run and jump

Salute