



# Girls Gymnastics Routines



	Beginner Gym 1	Beginner Gym 2	Intermediate Gym 3	Intermediate Gym 4	Advanced Gym 5	Advanced Gym 6
<b>EVENT</b>	A. Run, punch stretch Jump up to Crash Mat	A. Run punch stretch Jump to Resi, HS to tree fall.	Run, Punch, Jump to HS on Resi, Tree Fall.	A. Flyspring over Resi (short)	A. Round off upto Resi land on feet	A. Front Tuck up to Resi
<b>Vault</b>	B. Tuck Jump, Straddle jump on board.	B. Dive Roll to Resi			B. Round off to back-springboard to crash mat	B. Front Handspring over table
<b>Bars</b>	Tuck Chin hang 3 sec, Jump to support, 3 casts, Forward roll dismount	Pull over, 3 casts 6" off bar, Forward roll dismount to pause at chin hold, 3 Sole Circle swings	USAGym 2 Glide Swing, Pullover, Cast, Cast Back hip circle, Sole Circle Dismount	Glide Swing, Pullover, Cast Shoot through, cut back, Cast back hip circle undershoot dismount	USAGym 3 Glide swing, pullover, cast back hip circle, back hip circle, squat on	Glide Kip, Cast back hip circle, baby clearhip, front hip circle, cast squat on
<b>Beam</b>	Front support mount, V-sit tuck stand, Releve` 2 sec, 2 Leg kicks, lunge-lever-lunge Step to Close, Straight jump, tuck jump dismount off side	USAGym level 1 Front support mount, V-sit tuck stand, pike stand, Needle kick, passe hold, Stretch jump, Arabesque, forward kick, forward kick, Lunge Cartwheel HS dismount (no turn)	USAGym level 2 Front Support mount, V-sit pike to stand, Lever hop lever, Passe hold, Releve hold, Stretch Jump, Arabesque, Fwd kick, Back Kick, Releve lock stand, Pivot turn, Lunge, Pose, Cartwheel to side HS dismount (no turn)	A. Front support mount, V-sit pike to stand, Handstand Arabesque step split leap, 1/2 Snap turn, Stretch Jump, Stretch Jump, Lunge Cartwheel Side HS dismount (2 sec) B. Round Off Dismount	A. Side mount fish pose, Cartwheel, Arabesque, Scale, step Leap, HS, Stretch jump, Split Jump, 1/2 turn, Cartwheel Side Handstand dismount 3/4 turn B. Round Off Dismount or Front handspring	Side Mount fish pose, Full Turn, BWO or BHS, Arabesque, Scale, Leap to Stretch Jump, Pose, Tuck jump, split jump, pivot turn, Cartwheel stretch jump, optional pose, back tuck or front tuck dismount

<p><b>Floor</b></p>	<p>Lunge, Lever hop lever, Cartwheel, Candlestick, Tuck jump, Forward roll, Pivot turn, Chasse`, Stretch jump.</p>	<p>USAGym Level 1 Lunge Cartwheel, backward roll tucked. Candlestick stretch, Passe hold, Releve, Pivot turn 180*, Chasse, pose, Stretch Jump, Forward roll tucked, Handstand, Lunge.</p>	<p>A. Step kick handstand fwd roll, Cartwheel Step in, Straight Arm Bwd Roll, Jump to squat, stand, Bridge up kickover, Heel snap <math>\frac{1}{2}</math> turn, Chasse to leap, split jump.  B. Fall to bridge</p>	<p>A. Front Limber, jump fwd roll, pike to stand, Back walkover , Chasse split leap, split jump, <math>\frac{1}{2}</math> turn, Run hurdle roundoff  B. Bridge up, jump 2 feet to vertical (on downhill wedge)</p>	<p>Pop Front walkover, cartwheel step in, Back ext Roll, Chasse Split leap, Passe hop, full turn, pivot, round off backhandspring</p>	<p>Pop front walkover, front walkover, split leap or switch leap, 1/1 turn, pivot turn, round off BHS BHS or BHS back tuck, run punch front tuck</p>
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