

# Level 1 Routines 2018

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## Vault

Straight Jump off 60cm Box  
3x Straight Jumps on a Beat board  
Spiderman Handstand

## Beam

Mount  
4x Walks Forwards on toes  
4x Walks Sideways  
4x Step Kicks  
Front Passe Hold – 3 secs  
Straight Jump – Motorbike Landing

## Floor

Forward Roll to Stand  
Straight Jump motorbike  
2x Step Kicks  
2x Step Hops  
Tuck Handstand  
Angry Cat – 3 secs  
Straddle Sit – 3 secs  
L Sit – 3 secs  
Pike Sit – 3 secs  
Shoulder Stand  
Tuck Sit – 3 secs  
Present

## Bars

3x Bent Knee Swings – regrip  
Jump to Front Support  
Tuck Hang – 3 secs

## PBars

Front Support – 3 secs  
Bear Walk  
Swing feet through to  
Crab Walk  
Front Support  
Motorbike Landing

## Rings

Long Hang – 3 secs  
Star Hang – 3 secs  
Tuck Hang – 3 secs  
2x Small Swings  
Dismount at the back of 2<sup>nd</sup> Swing