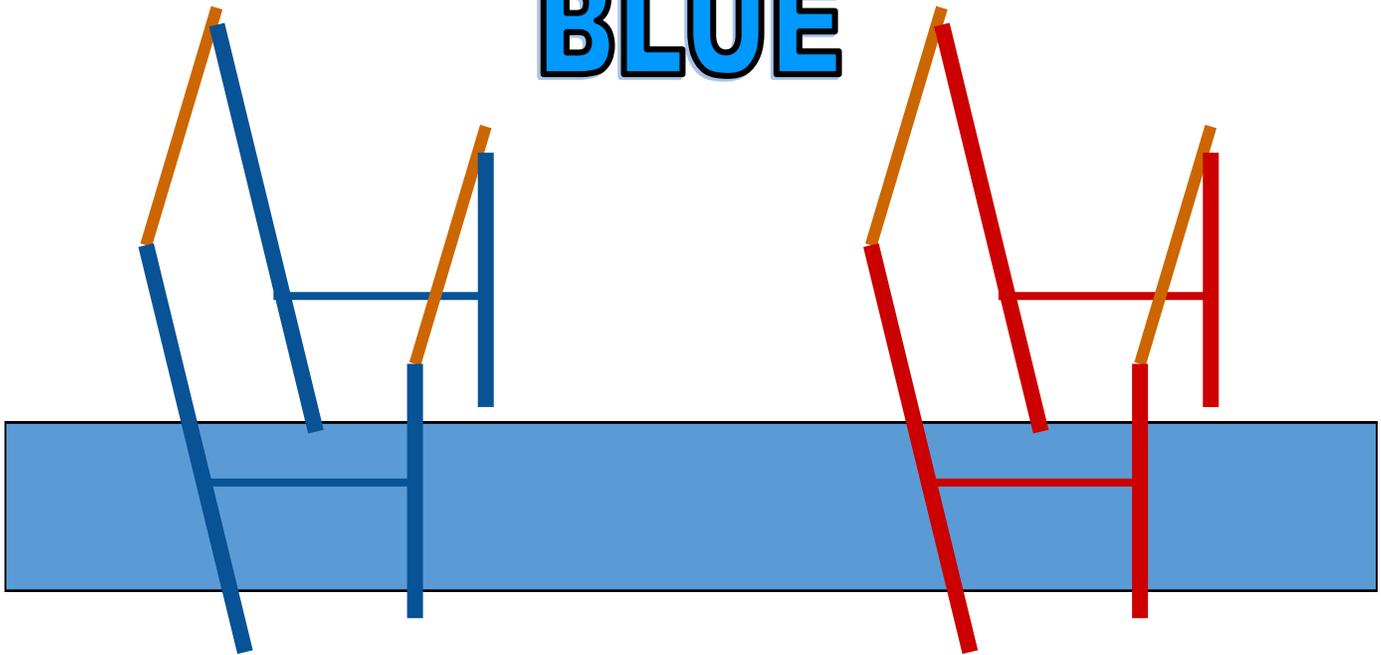


BLUE



Blue Bars Routine:

1. Glide swing toes to the bar, back to feet
2. Monkey flip and back through with control (skin the cat)
3. Pull over
4. Back hip circle
5. Under-swing dismount
6. Pull over
7. Leg Cut
8. Climb up, stand on bar
9. Jump down (safety stop) stick finish

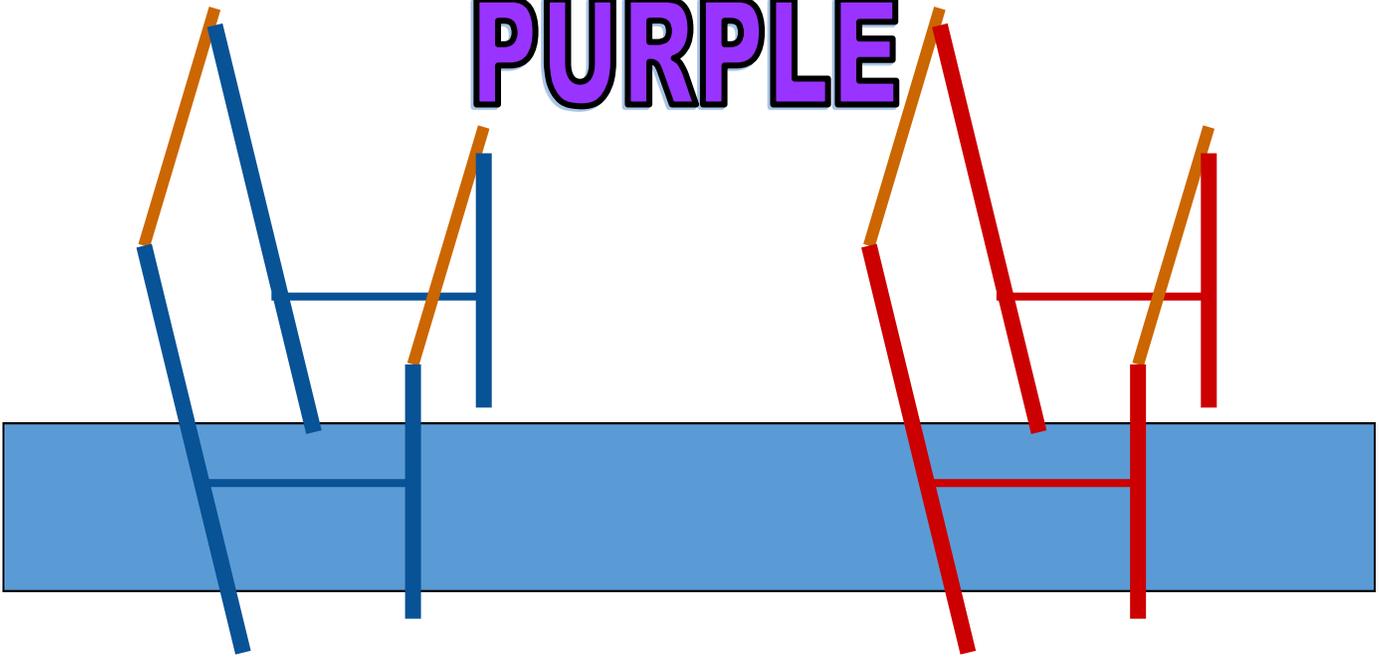
** extra options:

4 & 5 — combine to back-hip to under-swing dismount

8—squat on

9—Jump to high bar, tap swing, dismount on backswing

PURPLE



Purple Bars Routine:

1. Monkey flip and back through with control (skin the cat)
2. Glide swing toes to the bar, back to feet
3. Pull over
4. Back hip circle
5. Leg Cut or shoot through
6. climb up or squat on
7. jump to high bar
8. Tap swing half turn dismount

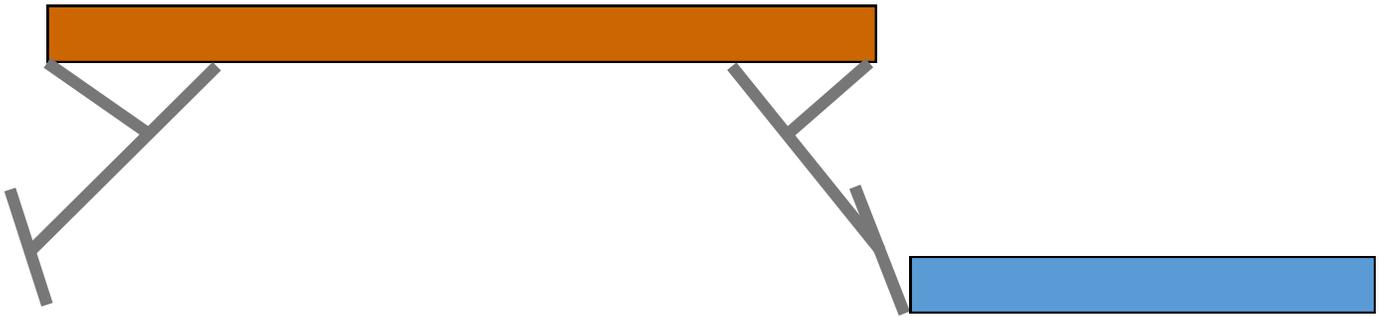
** extra options:

2&3—Kip with spot

8—long hang pull over

*can also add baby giant, or back hip under-swing to tap swing

BLUE

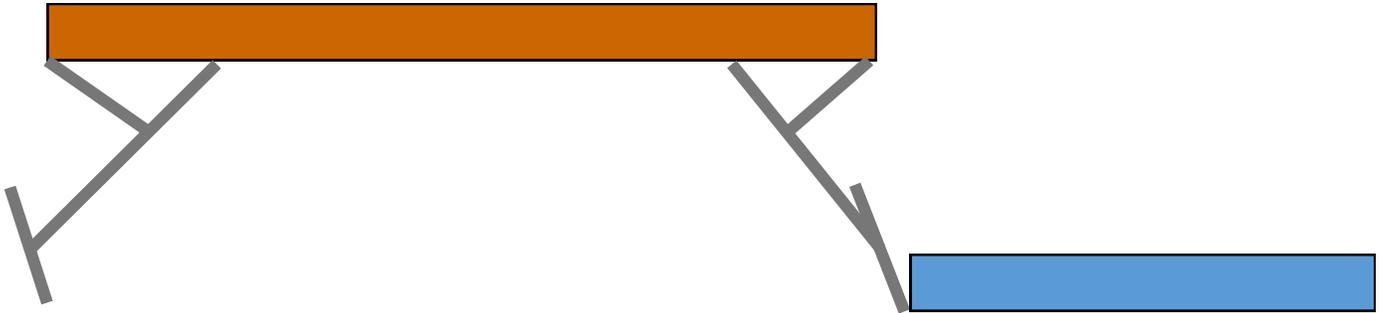


Blue Beam Routine:

(mount on opposite side of beam from dismount mat)

1. Squat on mount, Spider-man Pose
2. Waltz Pattern 2x, Arabesque (2 sec hold), Scale (5 sec hold), Arabesque (2 sec hold), Releve' Pivot turn
3. Side releve walk 2 steps gingerbread man half turn 3x
4. Knee swing side kick, Chasse, Lever hop/English handstand, low pose Squat turn
5. 2 kicks front stepping front, 2 kicks back stepping front, Backward walk 2 steps with look/pose side to side
6. 3 punches, Split/tuck jump, Straight jump, crossed hand passé pose
7. Side handstand or round-off dismount

PURPLE



Purple Beam Routine:

(mount on opposite side of beam from dismount mat)

1. Run on mount, Spider-man Pose
2. Waltz Pattern 3x, Arabesque (2 sec hold), Scale (5 sec hold), Arabesque (2 sec hold), 1/2 turn pirouette
3. Side releve walk 2 steps gingerbread man half turn 3x
4. Chasse, Knee swing side kick, English handstand, Squat turn, Low Pose
5. 2 kicks front stepping front, 2 kicks back stepping front, Backward walk 2 steps with look/pose side to side
6. Chasse step leap, Split jump, Tuck jump, crossed hand passé pose
7. Round-off/Front Handspring dismount

Spiderman pose

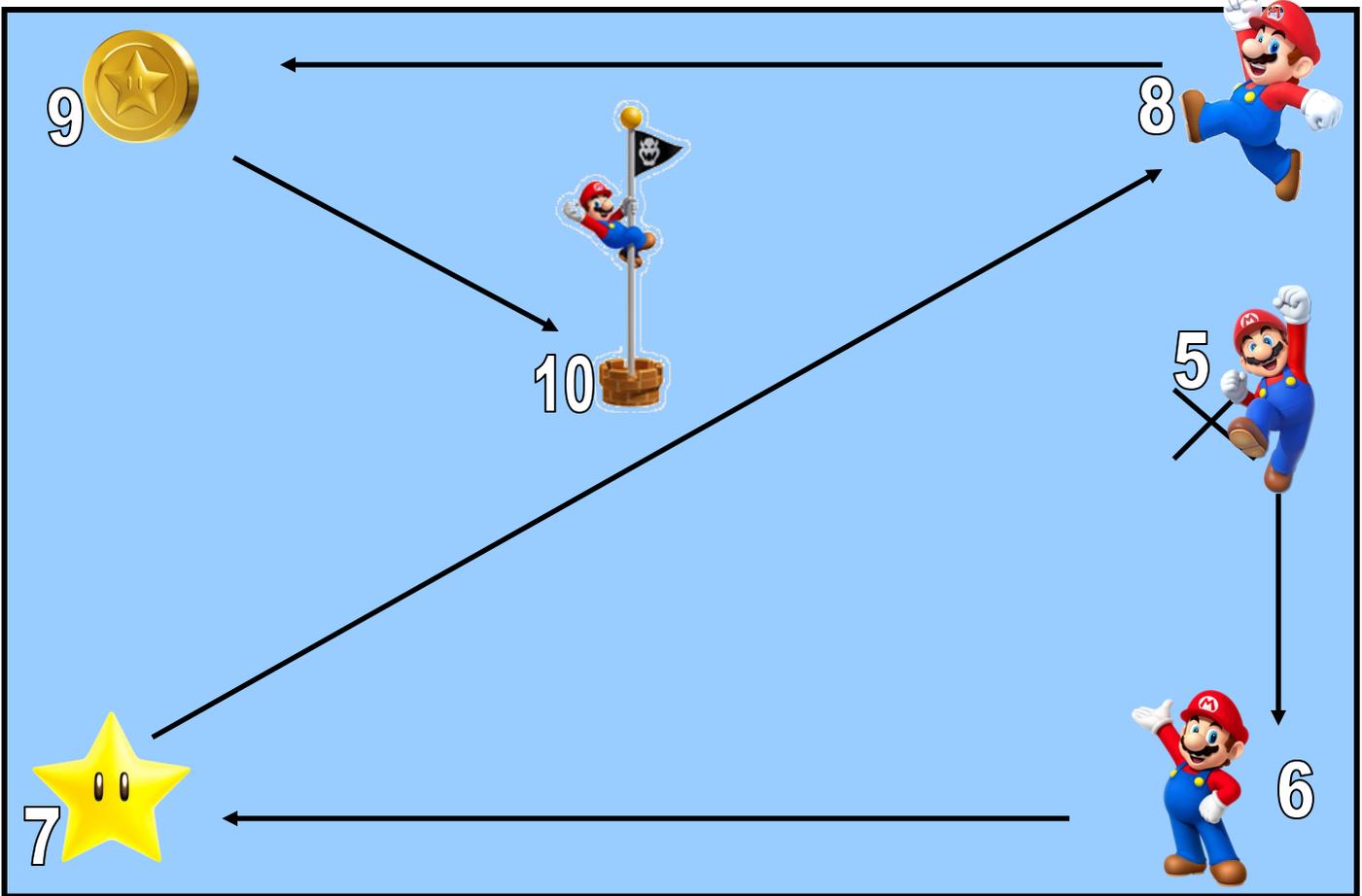
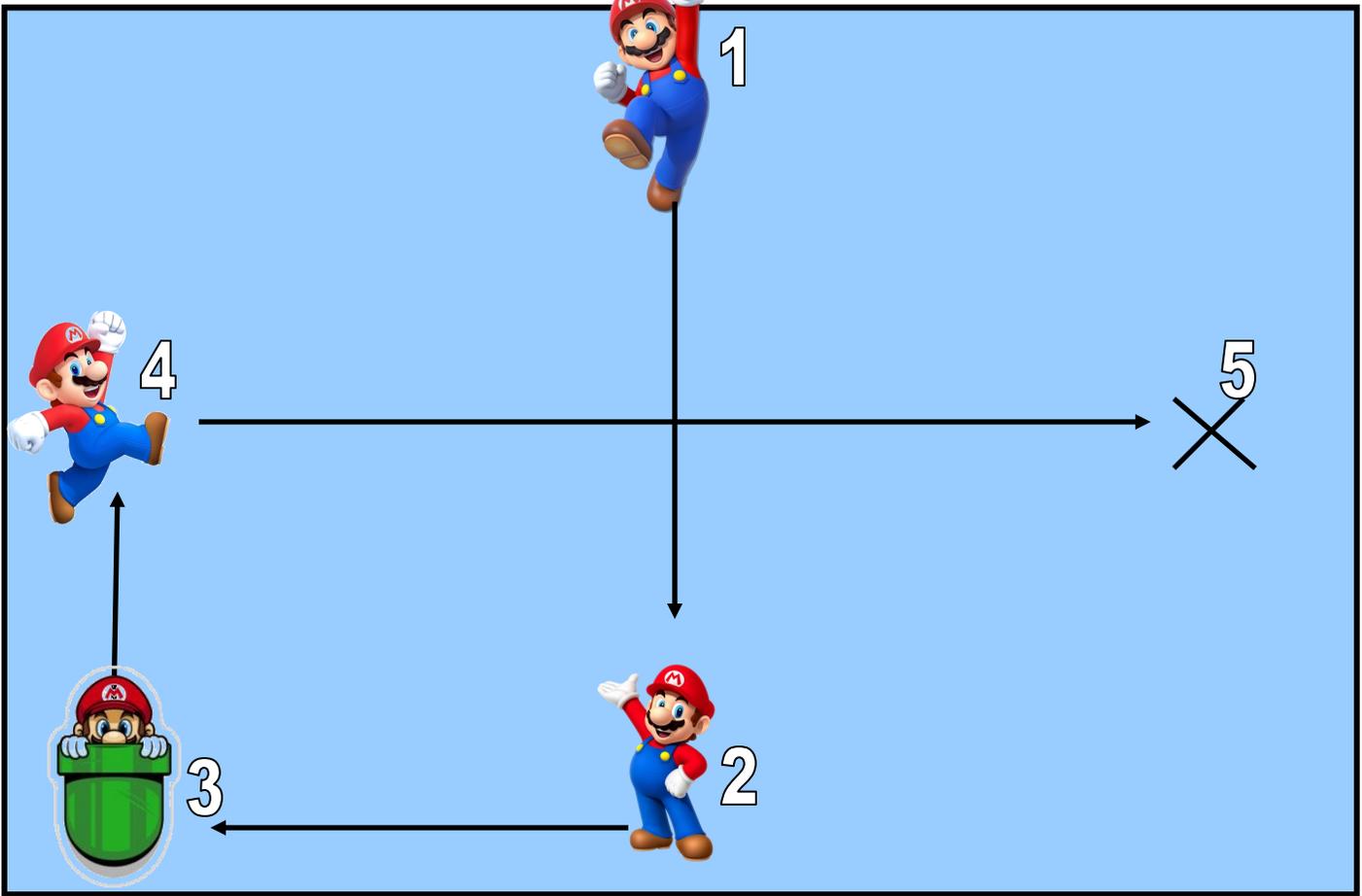


Passe' pose



Low pose





Blue/Purple Floor Routine:

1

Mario passé jump
Chasse hitch-kick, lunge handstand forward roll
Straight jump, tuck jump dive roll

2

Side chasse 1/2 turn cat leap, side chasse 1/2 turn cat leap
Bridge kick-over or back walkover

3

Straight leg backward roll or Back extension roll to pushup position
Squat on (jump feet in), Stand up, side chasse 2x, look side to side



4

Run, cartwheel or dive cartwheel
Jump full turn, candlestick to stand (on mario sound effect)



5

Mario passe jump
Chasse hitch-kick cartwheel

6

Arabesque, eagle roll step out
Alternating chasses to Fouette

7

Power hurtle round-off rebound half turn dive roll



8

Chasse step leap, push slide right, push slide left



9

Run Dive roll or front handspring



10

Handstand to bridge, kick back over, to split pose