
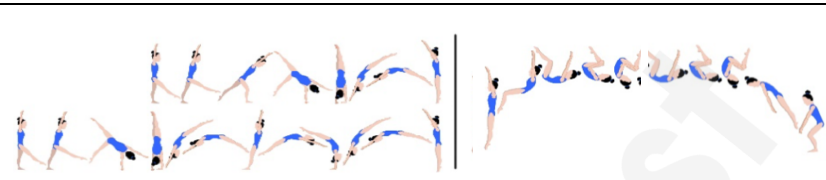
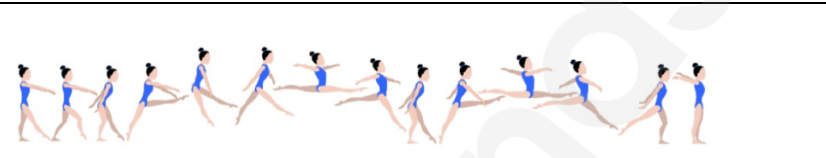
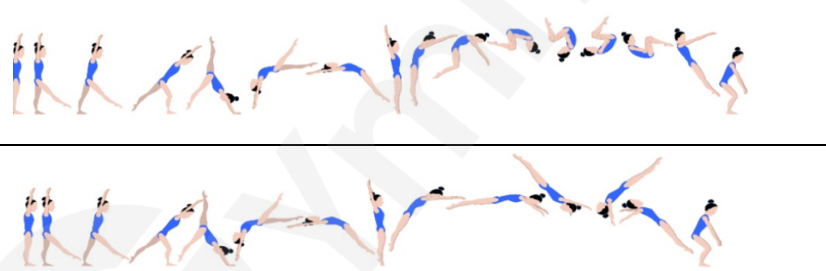
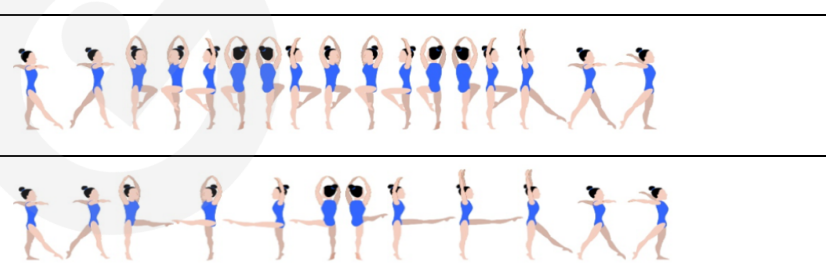

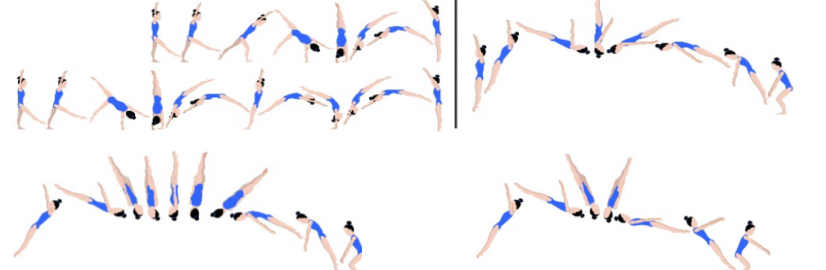




### Level 5 & Above - Floor Exercise Routine

A	Salto bwd tuck / Pike / Arabian ( 1.0)	
	Salto Bwd Tuck/ Pike Double ( 1.5)	
B	Switch Leap to Switch Leap Same leg – 1.20	
	Alternate leg – 1.50	
C	Fwd Tuck – 1.00	
	Fwd Stretch – 1.20	
D	Handspring Fwd tuck 1.20	
	Handspring Fwd Stretch 1.50	
E	Toe Turn 360 - 1.20	
	Toe Turn 720 – 1.50	
F	Scale turn 360 – 1.50	
	Bent Arm backroll to Handstand – 1.0	
E	Stright Arm – 1.50	
	Salto bwd tuck / Stretch / 180 ( 1.2)	
F	Salto Bwd 360/540/720 ( 1.5)	
	( Different From Group A )	

1.00 for Choreography