

## Gymnastics Factory Festival Routines

### Routine A

One leg Balance (Hold)  
 Forward roll  
 Tuck or Star Jump  
 3x Travelling steps (Chasses, skipping, side steps etc)  
 Jump 1/2 turn  
 Forward roll to straddle sit  
 1x Dolly roll  
 Lie back and roll on to front  
 Push up to Front Support (Hold)  
 Lift arm & turn to Back Support  
 Lower & lift to Shoulder Stand  
 Rock forward, tuck feet in & stand

\*Can add start & finish positions if you wish

### Routine B

One leg Balance (Hold)  
 Forward roll  
 Tuck or Star Jump  
 3x Travelling steps (Chasses, skipping, side steps etc)  
 Jump 1/2 turn  
 Forward roll to straddle sit  
 1x Dolly roll  
 Lie back and roll on to front  
 Push up to Front Support (Hold)  
 Headstand (tucked) or 3x Bunny hops (bottom high)  
 Stand up  
 Cartwheel

\*Can add start & finish positions if you wish

### Routine C

Arabesque or Y Balance (Hold)  
 Forward roll  
 Tuck, Star or 1/1 turning Jump  
 3x Travelling steps (Chasses, skipping, side steps etc)  
 Jump 1/2 turn  
 Roll back to shoulder stand with hands (Hold)  
 Lower to straddle sit  
 1x Dolly roll  
 Lie back and roll on to front  
 Push up to Front Support (Hold)  
 Headstand (legs optional) or Bunny hop  
 Stand up  
 Catleap or Step, together Dive Forward roll  
 Cartwheel

\*Can add start & finish positions if you wish

### Routine D

Arabesque or Y Balance (Hold)  
 Dive Forward roll  
 Tuck jump rebound Star jump or Straddle jump  
 3x Travelling steps (Chasses, skipping, side steps etc)  
 Round off Jump & land  
 Cartwheel  
 Backward roll - tuck or straddle exit  
 Rock down to back  
 Shoulder stand or V-sit (both no hands) (Hold)  
 Rock in tuck to stand up  
 Jump Full turn

\*Can add start & finish positions if you wish

\*Additional moves may be added by coach