

# 2026 GYMSTARS ROUTINES

## LEVEL 1 ROUTINES

### VAULT

Run, **hurdle**, bounce on springboard to **straight jump** onto 8" mat, stick landing  
Lunge on mat, **handstand flatback**

### BARS

**Pullover**

3 casts

**Forward roll** dismount

### BEAM

Mount the beam (straddle sit, push up to squat, stand)

**Arabesque** hold 2 seconds (arms side-middle)

**Releve** hold 2 seconds (arms in crown)

Kick bad leg forward, kick good leg forward (arms side-middle), lunge, **lever**, lunge

Bring bad foot to **passe**, hold 2 seconds (hands on hips)

Bring feet together to **demi plie**, **straight jump**

Lunge, **side handstand** dismount

### FLOOR

Lunge, **handstand**, finish in lunge

**Cartwheel**, finish in lunge

Bring feet together, **backward roll**, land in squat and stand up

**Candlestick**, lay flat

**Bridge** hold with single leg up 2-3 seconds, come down, stand up

**Forward roll**, stand up (arms by ears)

**Forward chasse** bad foot in front (arms side-middle)

Close feet together, **straight jump**, finish