

2026 GYMSTARS ROUTINES

LEVEL 2 ROUTINES

VAULT

Run, **hurdle**, bounce on springboard to **handstand flatback** on two 8" mats

BARS

Glide swing, back to stand

Pullover

1 **cast** to **back hipcircle**

Perch dismount

BEAM

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

Arabesque hold for 2 seconds (arms side-middle)

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

Bring bad foot to **passe**, **lift to releve** and back down

Step forward on bad foot to releve, **pivot turn**

Demi plie, **straight jump-straight jump** combination

Lunge, **side handstand** dismount

FLOOR

Lunge, **handstand**, land in lunge

Step hurdle, **round-off rebound**

Backward roll to push-up position

Jump to squat and stand up

Backbend, **kickover**, land in lunge

Chasse step **leap**, land in arabesque, bring feet together

Bring bad leg to passe, arms in turn prep, **half turn** (arms in crown), finish

Close feet together, **split jump**, finish