

Advanced In House Routine 2025

Stretch

1. Handstand forward roll
2. One handed cartwheel front to back
3. Backward roll to front support
4. Press up
5. One leg round into splits
6. Bring back leg round to front, rock to stand
7. Back bend kickover (0.5 bonus walkover)

8. Balance
9. Round off flick or back walkover to flick (0.5 bonus for flick)
10. Tuck jump immediate tuck jump half turn

Stretch to finish