

Beginners In House Routine 2025

Stretch to start

1. Forward roll to tuck
2. Show Pike 3 secs
3. Lay stretched - Bridge 3 secs
4. Stretch - show dish 3 secs
5. Roll to arch 3 secs - back to dish
6. Rock to stand
7. Cartwheel
8. Arabesque 3 secs
9. Handstand prep 0.5 bonus for full handstand
10. Straight, tuck or star jump