

Improvers In House Routine 2025

Stretch

1. Forward roll to stand
2. Tuck jump
3. Handstand - 0.5 bonus drop to bridge
4. Bridge and rock to stand (0.5 bonus for a kickover)
5. Front to back cartwheel
6. Half spin
7. Balance arabesque or Y balance hold for secs
8. Catleap crouch down to...
9. Front support (hold 3 secs), over to...
10. Back support (hold 3 secs)

Stretch to finish