Floor Routines - Week 1

We have created 3 floor routine options.

You need to pick the routine you are best at, perfect the skills and try to learn the sequence by heart.

If you want to you can add a starting and finishing position.

We'd love to see how you get on so feel free to send us videos via WhatsApp to the Stellar Club Phone (07468 568987) or tag us on social media!

Good luck and don't forget to present!

Week 1 – Routine Option A https://youtu.be/Pd2T4EwT_9c Forward roll to pike sit Hold straddle sit Dolly roll Hold pike sit Tuck rock x2 Step ½ turn on toes One leg balance Straight jump
Week 1 – Routine Option B https://youtu.be/7xBNMUPjbOg Arabesque Forward roll Tuck jump Shoulder stand with hands Dish hold roll to arch roll Front support turn to back support Cartwheel Cat leap
Week 1 = Routine Option C https://youtu.be/Nu2Uyi3hnho Handstand 1 legged balance Backward roll to straddle stand Splits Backward roll through handstand Split leap Full spin Scissor leap Round off star jump Arabesque

Stellar Gymnastics Academy