*****TUMBLEWEEDS***

**VAULT**

-Jump Sticks (3 positions) -Squat On/Straddle On -Dive Roll to Portapit -Squat & Straddle Jump Off -Squat Through -Straddle Over

**Competition Vault: Squat on/Straddle on, Straddle Over, Dive Roll to Portapit**

**BARS**

-Re Grip Swings -3 Casts to Horizontal -Glide Swings

-Pull Up -Pull Over -5 Tap Swings

-Tap Swing onto Low Bar -Back Hip Circle -Front Hip Circle Trainer

-Under Swing Dismount -Sole Circle Trainer

**Competition Routine: Pull over, cut over, basket or mill circle, cut back, back hip circle, under swing, Dismount**

**Supplemental: Two Foot Pull over, Front Hip Circle, Underswing, Half Turn, Dismount,**

**BEAM**

-V Sit to Push Up Position -1/2 turns -Stretch/Tuck Jump Series

-Passe Series -Arabesque -Forward Rolls

-Cartwheel on LB -Cartwheel HS DM

**Competition Routine: Mount, Leg cut, V sit, Knee Scale, Up to Stand, 2 steps squat turn, 2 Coupe Kick Walks, Straight Jump, Cross HS, Coupe on Toe, Half Turn, Tuck Jump or HS Dismount**

**Supplemental: Cartwheel, Cartwheel HS Dismount, Straight Jump/Tuck Jump Series**

**FLOOR**

-Splits -Chasse’ -Leap -Stretch/Tuck/Straddle Jump

-Hitch Kick -1/2 Turn to Froward Coupe’

-Forward Roll -Straddle Roll -Backward Roll to push up position

-Cartwheel -One Hand Cartwheel -Backbend -Backbend Kickover

-Hand Stand -HS Forward Roll

**Competition Routine: HS with legs together-step down to lunge, 1-3 steps – hurdle, round-off, Backward roll tuck with bent arms to pike stand, Candlestick, lie down, push up to bridge- kick over, Pivot turn – step, pivot turn, 2 (1/4) (90\*+90\*) heel snap turns – leg position in forward passe’… arms in forward-middle, Forward chasse’ – Straight leg leap (60\*), Split jump press to releve’ lock position**

**CONDITIONING**

-Frog Jumps -Bear Walks (Mat) -Wall Taps -HS on Wall

-Toe Raises -Wall Sits -Hollow Holds -Super Mans

-Pullover Trainers -Reverse Dips