**Mini gym competition routine**

* Stretch to present
* X3 baby Handstand
* Stetch shape (pencil) – hold for 3 seconds
* Balance on 1 leg – hold for 3 seconds
* Star jump finishing in landing shape
* Forwards roll to straddle shape
* Stretch to present

**Recreation and boys competition routine ages 5+**

* Stretch to present (girls two arms and boys 1)
* Forwards roll to straddle – hold straddle shape for x3 seconds
* Japanna – hold x 3 seconds
* Dish shape - hold x 3 seconds
* Arch Shape – hold x 3 seconds
* Back to dish shape – hold x 3 seconds
* Rock to stand
* Stretch to present (girls two arms and boys 1)

**Bonus**

1 Mark: Cartwheel

**Improver girls competition routine**

* Stretch to present
* Forwards roll to straddle – hold straddle shape for x3 seconds
* Japanna – hold x 3 seconds
* Dish shape - hold x 3 seconds
* Arch Shape – hold x 3 seconds
* Dish shape - hold x 3 seconds
* Rock to stand
* Handstand
* Jump full turn
* Present

**Bonus**

1 Mark: Handstand to bridge