**A logo for a gym

Description automatically generated**

**Shine Power Freeze Routines 2023-2024**

**FLOOR**

**TODDLERS/LEVEL 1**

Salute judge

Left foot kick

Right foot kick

Lay flat on back, pike sit

Candle stick shoot (hands next to thighs) to stand

Straight jump

Forward roll

Stand

Straddle roll

Hands on floor, Jump feet together

Tuck jump

Lunge cartwheel lunge

Turn

Lunge cartwheel lunge

Lay on belly Sugar bowl. Hold 3 sec. Stand

Salute Judge

**Level 2**

Salute judge

Left foot kick

Right foot kick

Lay flat on back

Bridge or tabletop (3 sec)

Lay flat in pike sit

Candle stick shoot to stand

Straight jump

Tuck Jump

Forward roll

Stand

Straddle roll

Hands on mat Jump feet together. Stand

Backward roll. Stand

Lunge cartwheel lunge

Turn

Lunge cartwheel lunge

¾ Handstand, lunge

Straddle jump

Salute Judge

**Level 3**

Salute judge

Handstand into Backbend (bridge) hold 3 sec

Lay flat in pike sit

Candlestick shoot, Stand, Forward roll, Stand.

Split jump

Dive roll

Straddle roll to a stand, jump feet together.

Stretch jump ½ turn

Lunge 1 arm cartwheel, lunge, turn

Lunge cartwheel, lunge

Backward pike roll to stand

Standing back bend(bridge) 1 leg up. Hold 3 seconds.

Lay flat into pike, log roll to stomach,

Squat hop to feet

Side split, leg swing, Stand

Salute judge

**Level 4**

Salute judge

Handstand into bridge kickover

Split jump

Dive roll

Straddle roll

Hands on mat, jump feet together

Stretch jump ½ turn

Lunge, 1 arm cartwheel, lunge

Turn

Lunge, 1 arm cartwheel, lunge, turn

Backward roll, to pushup position

Lay flat on belly in pike, log roll to pike sit

Candle Stick shoot to stand

Handstand forward roll

Jump tuck ½ turn

Standing backbend kickover

Standing round off rebound

Tuck jump

Side split, leg swing, Stand.

Salute judge

**Level 5**

Salute judge

1St Pass Running round off back handspring, back handspring

Backward roll, push up position, stand. Straight Jump.

Straddle jump

2nd Pass Running Front walkover, Front walkover

Dive roll

Straight jump ½ turn

3rd Pass Running roundoff back tuck

Back Extension roll

Back walkover

Split Jump

Salute Judge

**VAULT**

**Toddlers (Level 1) 3 Panel Mats**

\*Squat On the legs will need to come up into a tuck shape and the feet should land on the top of the Vault/Matt.

This is when we should see the Squat Shape (it looks like a crouch shape). The feet and knees should be together and land in between the hands. At this point, the gymnast should stop moving and make sure they are on balance.

They can then stand up into a stretched shape, step and jump from the Vault onto the landing mat to stick it. Gymnast should not land on knees.

Stand

Stick

Salute

**Level 2 3 Panel Mats**

Straddle on Vault

The Straddle on Vault is very similar to the Squat On Vault. The gymnast needs to land and stop on top of the

Standing Straddle is feet apart (slightly more than shoulder-width) with hands in the middle of the feet. Legs should be straight, and knees pushed back. Once a gymnast lands in the Straddle position, they stand up and slide the feet together into a stretched shape. They can then step forward and jump off the Vault to the landing mat.

Stick

Salute

**Level 3**

Salute

Run, punch, arm circle to handstand flat back to landing mat 24 ½ (inches) to 33 (inches). Your choice of mat height.

Sit up to pike sit

Turn- Salute

**Level 4**

Salute

Run, punch, front handspring, into standing position 24 ½ (inch mat)

Stand

Salute

**Level 5**

Salute

Run, punch, ½ on 24 ½ (inch) mat + 8inch mat= 33 inches total

Stand

Salute

**BARS**

**Toddlers (Level 1)**

Salute

Tuck Knee Hang (3 sec)

Stand

Sloth hang (3 sec). Stand

Jump up on bar to

Front support (3 sec)

Cast off to C stop

Keeping hands on bars

Stick

Salute

**Level 2**

Salute

Jump up to Front Support

Cast off to C- Stop

Straddle hold (3 sec)- hands on bar

Walk up mat to kick over bar

Front support

Cast off, C-Stop

Stick

Salute

**Level 3**

Salute

Straddle hold (3 sec) stand

Kick over

Front support

Push to a hollow 1 x (bars to knees)

2 Cast

Back hip circle

Cast

Push away to C stop

Stick

Salute

**Level 4**

Salute

Tuck- Chin Hold (3 sec)

Two feet- pull-over

Front support

Cast

Back hip circle

Front hip circle

Cast

Undershoot

Stick

Salute

**Level 5**

Salute

Straddle Glide

Pull over

Front support

Cast

Back hip circle

Front support

front hip circle

2 Cast

Squat On

Jump to high bar

3 swings- long hang pull-over

Cast to 3 swings, quarter turn

Stick

Salute

**BEAM**

**Toddlers (level 1) Low floor beam**

Salute

Step on Beam

Tip toe to middle

Hop stop to end

1/2 turn to come back

Step kicks to middle

Stop, Squat touch, stand up

Walk to end.

Jump off side & stick it

**Level 2**

Salute

Jump to front support mount

Walk to middle of beam

Arabesque

Forward leg swing step (each leg)

Passe

1 knee to beam then stand

Walk on tip toes to end

Turn,

Tuck jump dismount

Stick

Salute

**Level 3**

Salute

Jump to front support mount.

Arabesque

2 Stretch jumps

T touch T

Leap straight leg, step forward

Forward, backward leg swing

1/2 releve turn

Passe

Split jump

Backward step fish pose

Handstand to side dismount.

Stick

Salute

**Level 4**

Salute

Front support fish pose mount

Swing leg to straddle

Lay flat

Knee Kick to Stand

Forward Passe Pose

Cartwheel

2 stretch jumps

T touch T, step forward

Backward leg swing

Scale

1 kick each leg

2nd pass

Backward kick

½ turn

Straight leg leap, bring leg forward

Passe Pose

Split jump

2 Hop Stops

Releve lock stand

Roundoff off beam dismount

Salute

**Level 5**

Salute

Front Support, leg swing to straddle, swing leg to knee,

back kick, to stand

Forward Passe Pose

Cartwheel or front walkover

Full turn

T touch T, lunge

Releve lock stand

2nd Pass

Backward kick

1/2 turn

Stretch Jump

Split Jump

Scale

Straight leg leap

Releve lock stand

Forward Passe Pose

Pivot turn

Tuck off beam dismount

Salute