

Level 3 routines - PLEASE PRACTICE!!

Floor - Stand with feet in 5th position (good foot in front); arms to side (rounded); good arm out, bad arm out, kick bad foot plié, kick good foot plié, arms down; split jump, straight jump;
Releve pose; step kick handstand to a bridge, finish in lunge;
Pull your back foot in – arms down (pop your foot)- 1; switch feet arms go forward- 2; switch foot arms out -3, straight legs arms -4;
Step kick handstand forward roll, step out to 4th position plié stretch press;
Chasse with bad foot, leap, step kick pull in to releve;
Backward roll (straight arms) to push up, knees in arms up, step good leg out to knee lunge;
Arm circle back to hips, Push hips forwards; arms push back, straighten leg and slide to split;
Bad hand down – good arm reaches forward, close legs together (laying on stomach);
Lift up bad leg (90 degree angle) backwards, pull front foot to sitting pose; arm circles up and around head and behind;
close knees together;
Swing good foot to face forward (back leg facing straight back), beachball arms;
Stand up, plié stretch press; arms drop down (touch legs), step with your bad, prepare with your good;
½ turn on toe; step forwards plié stretch press; snap your arms down, back foot meets front foot;
round off backhandspring rebound circle and stick;
ronde de jambe your good leg (1/2 circle) and kneel on your good leg; slide out to your side, legs stacked;
pull legs in, bad arm comes up, then down

Beam –stand sideways so your bad hip is near the beam, swing good leg over the beam;
Arms circle behind you – feet up to Vsit, swing to one knee (bad leg on the beam); good leg straight down next to beam;
good leg comes up to knee lunge, arms up in front (straight out); stand up and press with bad leg behind; arms drop down,
step with bad, drag good foot to pose in front (toes under), arms go forward;
Press open, point your good foot, releve kick to handstand, finish in your lunge, press;
Take a large step back with your bad foot, pop your good foot (hands on hips); pivot to the side (make sure both legs are
straight, look over shoulder to end of beam); good arm in front, pivot back, hands back on hips, toe popped; releve back,
releve back, drop your good foot and point your bad foot in front;
Ronde de jambe on the floor to the back; arabesque hold 3 seconds, point foot behind you on the beam;
Step leap, arms drop down, step bad foot, kick good foot and point to cross pose (arms in opposition);
bad arm up over head, good foot steps to releve; good arm up over head, lock bad foot;
angel arms down plié, straight jump, straight jump, arms stay up over head, land in plié;
step lock with bad foot in front; arms up, pivot turn, tiny step, pivot turn, drop your good foot;
pick up your bad foot to passé, arms go down behind and up (hold your puppy, drop your puppy, and press);
step with your bad (arms down to side), prepare with your good, step on good foot pull in to heal snap;
plié stretch press, pull arms down and behind; step back with bad foot to fish pose standing on good;
step with your bad, kick with your good, dismount (hold 3 seconds before turn).

Watch some of the routines on YOUTUBE.

Search USAG Level 3 floor routines. Look for 9.0 or higher routines. You may see some arm position differences but most of these routines are correct and use good form. Have your gymnast watch these over and over.

PS – Words that end in é are pronounced with a long A sound like in DAY.

Relevé – rel-a-vay Plié – Plee-ay Chassé - Sha- say Coupé - Cou- pay