Compulsory Floor Routine

*Lunge forward on your left foot arms in 2\textsuperscript{nd} position
*Lunge forward on your right foot arms in 2\textsuperscript{nd} position
*Three Cat Leaps with arms in 5\textsuperscript{th} position.
*Scale Balance (hold for 5 seconds)
*Two Straddle Knee Touches
*Two Straddle Toe Touches
*Step Turn forward with right foot leading arms start in 2\textsuperscript{nd} position then close on the turn and finish in 2\textsuperscript{nd} position
*Lunge forward on your right foot, reach forward on the mat to Three Forward rolls and ending in a Squat for each one
*Three Backward rolls finishing in 5\textsuperscript{th} position
*One Cartwheel followed by one Round off, ending with arms in 5\textsuperscript{th} position
*Step left hop and drop right arm to the side, step right hop and drop your left arm to the side ending in 2\textsuperscript{nd} position
*Three Stag Leaps arms finishing in 2\textsuperscript{nd} position
*One Tripod to a Headstand or one Handspring, finish in 2\textsuperscript{nd} position