

6 SKILL TRAMPOLINE ROUTINES

L1	L2	L3	L4
¼ back	1 & 1/4 back tuck	1 & 1/4 back pike	1 & 1/4 lay out
Pullover to stomach	Pullover	Pullover	Pullover
Stand up 1/2 turn	Pike jump	Barani	Barani
Straddle jump	Back pike	Back tuck	Back tuck
Tuck jump	Stradle jump	Straddle jump	¾ front
Back tuck	Front pike	Lay out	Ball out

L5	L6	L7
Barani out tuck	Barani out pike	Half full tuck
Back tuck	Back pike	Back tuck
Back pike pike	Barani pike	Barani out pike
Barani straight	Back full	Double pike
Lay out	Barani straight	Barani straight
Back full	Double tuck	Full full tuck