

Xcel Bronze Beam Routine 2023-25

- Salute
- Jump Front Support
- Swing to Straddle Sit (sit facing opposite the dismount area)
- Serve & Stand
- Pivot Turn
- Step forward, Flamingo Pose
- Lever (Start & finish in lunge)
- Serve Cookies Pose, step forward
- Stretch Jump
- Fan – Rock Star Pose
- Tuck Jump off Side

Xcel Silver Beam Routine 2023-25

- Salute
- Jump Front Support (if doing a back walkover – start in middle of beam)
- Swing to Straddle Sit (sit facing opposite the dismount area)
- Swing to Squat Stand
- Arm circle or serve & stand
- ½ turn (toe to knee & finish w/ bad foot in front – point good toe behind you)
- Flamingo Pose
- Handstand **OR** Cartwheel** **OR** Back Walkover
**If doing Cartwheel they will need to add a pivot turn here. If doing Handstand or Back walkover, continue).
- Step forward feet together – split jump
- Step forward, super star fan pose
- Cross leg over shin & serve cookies
- Dismount (Pick from: Round Off, Front Handspring, Brani, Front Tuck, Back Tuck)