











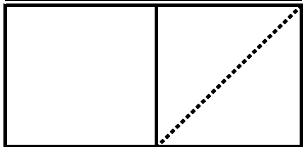
# Level 4 Floor Exercise

D.Hanford 8.3.2023

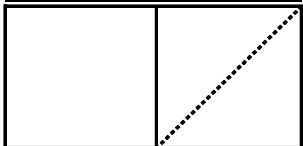
Back Walkover 150°  Arms cover ears	Fwd Handspring Step-out  1 step or power hurdle	Cartwheel  ←arms cover ears→	Back Roll HS Straight arms 	Stretch Jump ½ turn 	Straight Leg Leap 120° 	Straddle Jump 120° 	Forward Splits 	1/1 Turn Fwd Passé 	Roundoff, Flic-Flac, Flic-Flac, Rebound 
<b>0.4</b>	<b>0.6</b>	<b>0.4</b>	<b>0.4</b>	<b>0.4</b>	<b>0.6</b>	<b>0.4</b>	<b>0.2</b>	<b>0.4</b>	<b>0.4</b> <b>0.6</b> <b>0.6</b>

Tuck or pike entrance OK

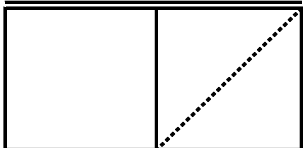
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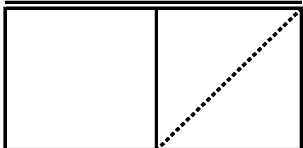
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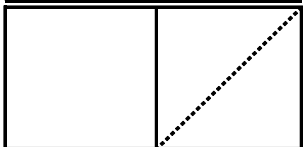
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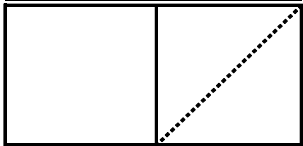
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5



6



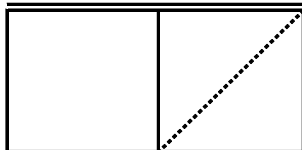
**Level 4 Floor Exercise**

D.Hanford 8.3.2023

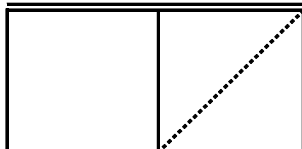
Back Walkover 150°  Arms cover ears <b>0.4</b>	Fwd Handspring Step-out  1 step or power hurdle <b>0.6</b>	Cartwheel  ←arms cover ears→ <b>0.4</b>	Back Roll HS Straight arms  <b>0.4</b>	Stretch Jump ½ turn  <b>0.4</b>	Straight Leg Leap 120°  <b>0.6</b>	Straddle Jump 120°  <b>0.4</b>	Forward Splits  <b>0.2</b>	1/1 Turn Fwd Passé  <b>0.4</b>	Roundoff, Flic-Flac, Flic-Flac, Rebound  <b>0.4 0.6 0.6</b>
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Tuck or pike entrance OK

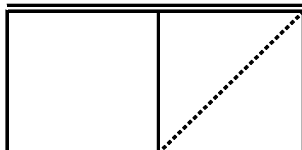
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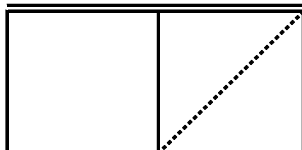
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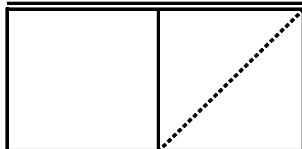
3



4



5



6

