

# Build A Beam Routine!

## Mount

Safety mount  
Safety mount to pose  
Squat on mount  
Run on mount  
Side Straight jump  
mount  
Other creative choice



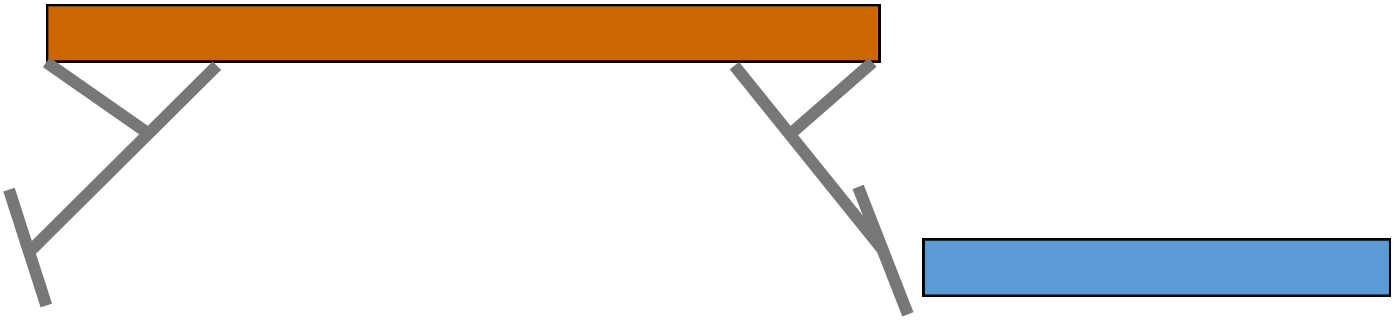
## Routine Skills

Walks with posture  
Side walks  
Bear walks  
Releve' walks front/side  
Dip walks  
Backwards walks  
Skip  
Chasse'  
Waltz pattern  
Punches  
Pivot turn (releve'/squat)  
Arabesque/scale  
Split /tuck/ straight jump  
Pose or balance  
Kick walks  
Knee swing side kick  
Body wave  
Pirouette (half or full)  
Lever/English handstand  
Fwd roll  
Cartwheel  
Other creative choice

## Dismount

Safety stop  
Straddle/Tuck  
Half turn jump  
Side handstand  
Round off  
Front handspring  
Other creative choice





**Make your own BEAM routine! Use some tape, a line, or your imagination for your beam, and choose from the lists of skills on the back. Skills are color coded by level. For safety please chose skills on or below your level.**

Build your beam routine using passes. You should have a minimum of 4 passes, utilizing a few skills in each pass and punctuated by poses. At the end of each pass there should be some sort of turn or skill that rotates to get you around to face the beam again.

(use an arrow to indicate which direction your pass is traveling)

My Routine: