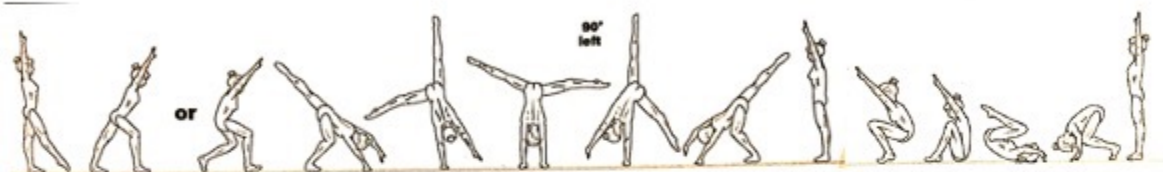


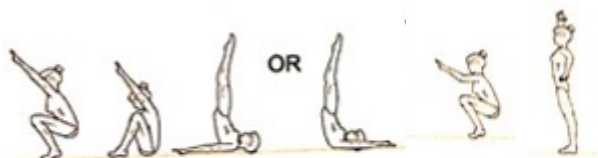
X-Cel Level 1 Floor Routine



1. Opening Pose- Contract Reach- Present Stand



2. Cartwheel Foot Foot- Squat Bkwd Roll to stand



3. Squat to Candlestick-tuck to stand



4. Step-Passe- step fwd in releve w/ arms out, then lock feet arm hug Straight Jump and land in plie.

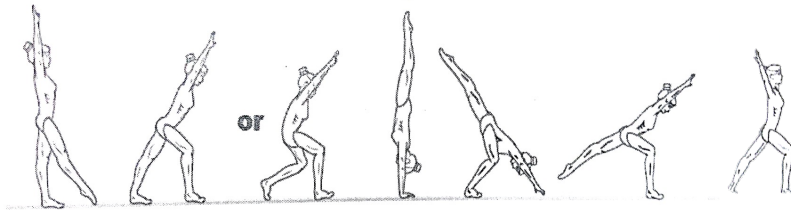


5. Tip Up to Lunge then finish stretch then Ending pose!

X-Cel Level 2 Floor Routine



1. Opening Pose- Contract Reach- Present Stand



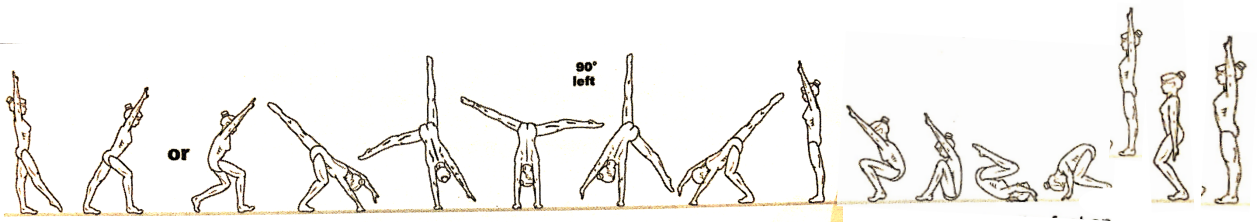
2. Tip Up to Handstand Lunge -Finish Stretch



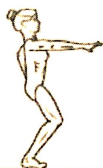
3. Squat to Candlestick-Tuck to Stand



4. Step-Passe-Step Fwd in Releve w/arms out then Lock Feet arm hug
Tuck Jump and land in plie- Stand

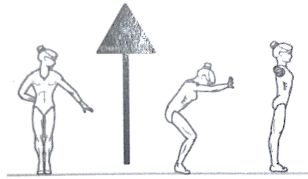


5. Cartwheel Foot Foot- Squat Bkwd Roll Rebound-Land to stand

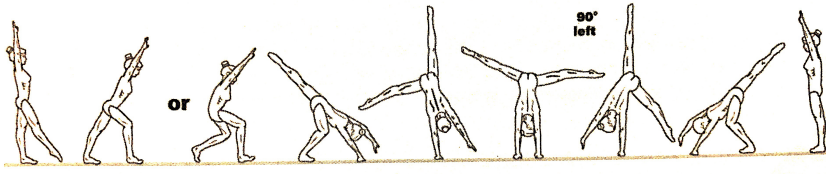


6. Ending Pose

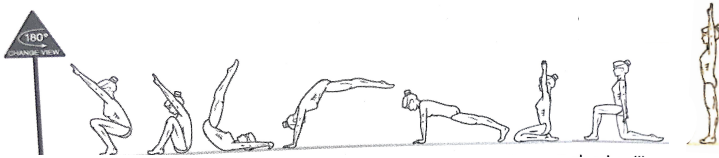
X-Cel Level 3 Floor Routine



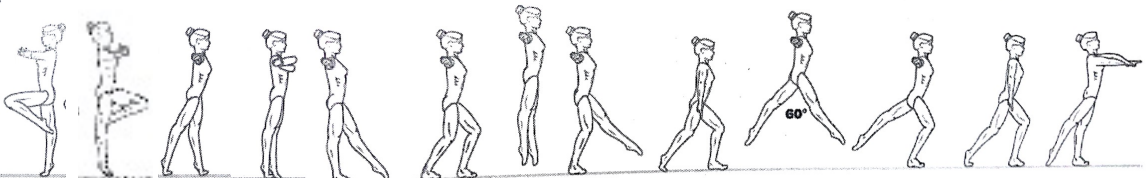
1. Opening Pose- Contract Reach- Present Stand



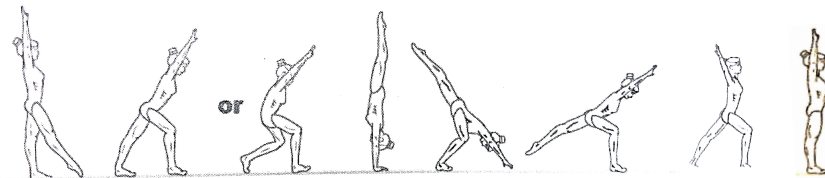
2. Cartwheel Foot Foot-



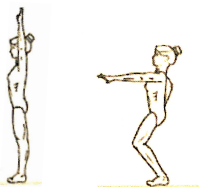
3. Squat Bkwd Roll to Push Up Shape- Slide Knees – Place foot & Stand



4. Step-Passe 1/2 turn-Step Fwd in Releve w/arms out
Then Lock Feet Arm Hug- Chasse Leap to Turtle Pose

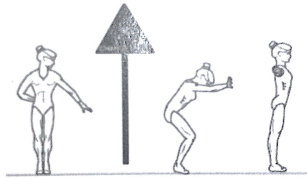


5. Tip Up to Handstand Lunge -Finish Stretch-Stand

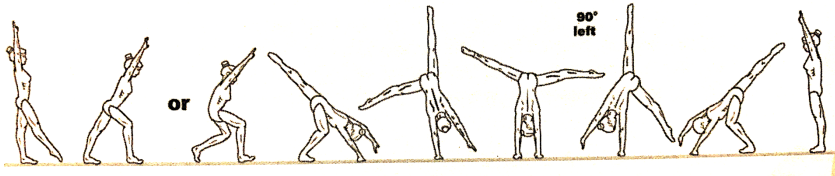


6. Stand to Finish Pose to Ending Pose!

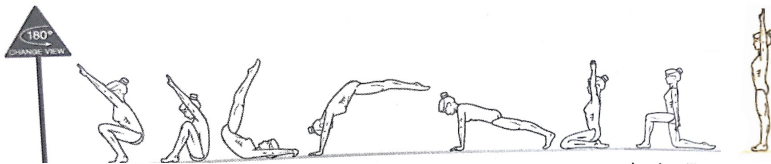
X-Cel Level 4 Floor Routine



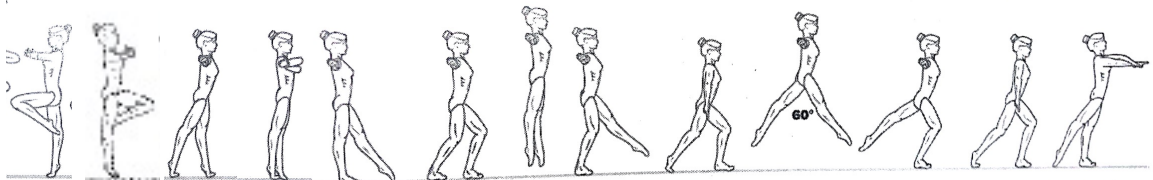
1. Opening Pose- Contract Reach- Present Stand



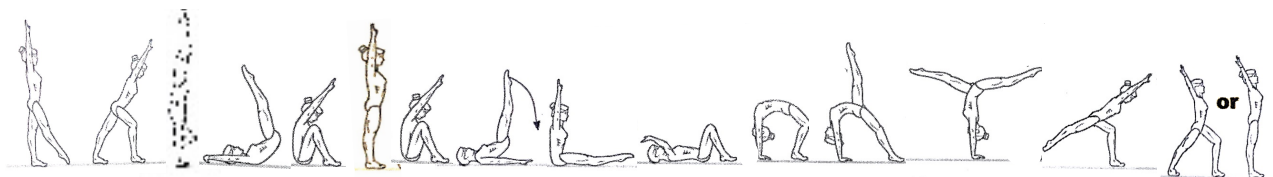
2. Cartwheel Foot Foot



3. Squat Bkwd Roll to Push Up Shape- Slide Knees – Place foot & Stand



4. Step-Passe 1/2 turn-Step Fwd in Releve w/arms out
Then Lock Feet Arm Hug- Chasse Leap to Turtle Pose (Split jump Optional)



5. Handstand Fwd Roll to stand -Candlestick to Pike Sit- Bridge KO to Lunge

6. Lower to Knee Sit- then Stag ending Pose!