



## Six Skill Trampoline Routines

### L1

¼ back  
Pullover to stomach  
Stand up 1/2 turn  
Straddle jump  
Tuck jump  
Back tuck

### L2

1 & 1/4 back tuck  
Pullover  
Pike jump  
Back pike  
Straddle jump  
Front pike

### L3

1 & 1/4 back pike  
Pullover  
Barani  
Back tuck  
Straddle jump  
Lay out

### L4

1 & 1/4 lay out  
Pullover  
Barani  
Back tuck  
¾ front  
Ball out

### L5

Barani out tuck  
Back tuck  
Back pike pike  
Barani straight  
Lay out  
Back full

### L6

Barani out pike  
Back pike  
Barani pike  
Back full  
Barani straight  
Double tuck

### L7

Half full tuck  
Back tuck  
Barani out pike  
Double pike  
Barani straight  
Full full tuck