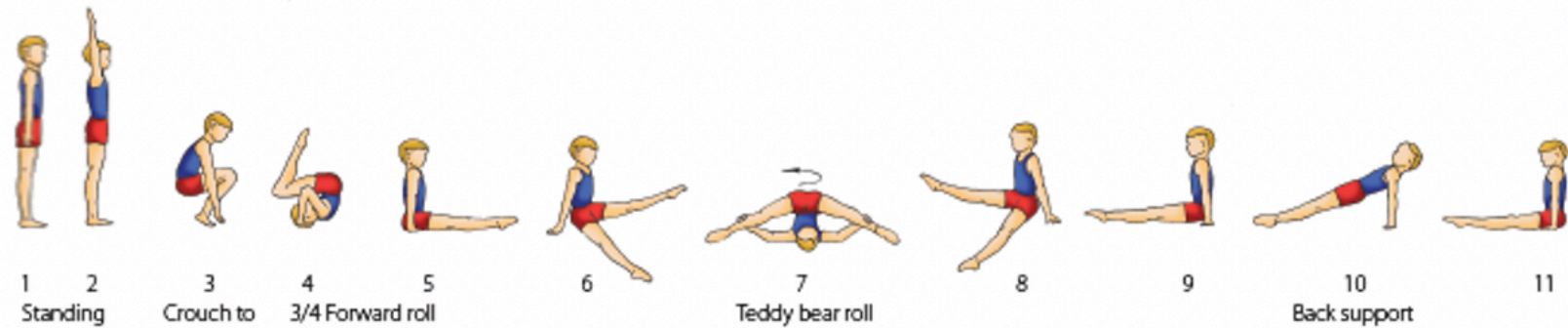


KEY STEPS FLOOR ROUTINE

(Sequence performed on a strip of mats approximately 3 x 2 metres)



The forward roll can be substituted for a pencil roll. Instructions on what this will look like can be found in the support video.

