
How to Construct Solo Routines

[1]

Kyle guides you through solo routine construction with tips and an emphasis on the B and A level. You will even get usable material to start a good base for your routines. PUTTING IT TOGETHER with International Coach, Kyle Keiser!

Tags: [TwirlNations-On-Demand](#) [2]

By Admin at Sun, 08/16/2020 - 13:00

Source URL: <https://www.cbf.ca/content/how-construct-solo-routines?mini=2026-09&page=3>

Links

[1] <https://www.cbf.ca/content/how-construct-solo-routines> [2] <https://www.cbf.ca/tags/twirlnations-demand>