

ADVANCED TUMBLING

CLASS TIME: 55 MIN

COURSE OBJECTIVES

The athlete will learn skills that focus on good technique and safety so they can progress successfully into more advanced tumbling. To advance to the next level an athlete must demonstrate proficiency in the skills listed below. Advancement will be decided by the instructor.

COURSE SKILLS

1. Standing back handspring series rebound
2. Standing back tuck off elevated surface
3. Standing back handspring rebound to elevated surface
4. Power hurdle round-off back handspring rebound
5. Round-off back handspring series rebound
6. Power hurdle round-off back handspring rebound onto elevated surface
7. Front handspring step out to round-off back handspring
8. Dive forward roll up to an elevated surface
9. Standing back handspring tuck with assistance
10. Round-off back handspring tuck with assistance
11. Front tuck with assistance

AT HOME

You can help maximize your class experience by completing the following workouts at home a minimum of 3 times per week.

STRENGTH & CONDITIONING

- 40 sec. Push-up Hold x3
- 40 sec. Jump Rope x3
- 40 sec. Running x3
- 40 sec. Squat to Toes x3
- 40 sec. Zigzag Punches x3
- 10 Pushups x3
- 15 V-ups x3
- 30 Calf Raises x3

BODY POSITIONS & FLEXIBILITY

- Superman for 30 sec.
- Hollow Hold for 30 sec.
- Right, Left, Center Split for 30 sec. each

NEXT CLASS:

Excel Tumbling

