

BASICS TUMBLING

CLASS TIME: 55 MIN



COURSE OBJECTIVES

The athlete will learn fundamental tumbling skills that focus on good technique and safety so they can progress successfully. 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. Lunge to handstand, 4 seconds with a vertical position
2. Power hurdle
3. Backward roll on floor
4. Round-off with hollow body rebound
5. Handstand forward roll
6. Handstand bridge
7. Back extension roll to push-up on wedge
8. Bridge kickover, back walkover
9. Front limber, front walkover
10. Sit, arch, block, hollow back handspring over barrel (body mechanics)

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

- 20 sec. Push-up Hold x3
- 20 sec. Punches x3
- 20 Squats x3
- 20 Calf Raises x3
- 15 Tuck-ups x3

BODY POSITIONS & FLEXIBILITY

- Superman Hold for 30 sec.
- Hollow Hold for 30 sec.
- Pike, Straddle, Tuck Positions for 30 sec. each

NEXT CLASS:

Intermediate Tumbling