

ELITE TUMBLING

CLASS TIME: 55 MIN



COURSE OBJECTIVES

The athlete will learn elite skills that focus on good technique and safety so they can progress successfully. Each athlete will advance at their own pace as the progressions will make them have a solid foundation for the next skill.

COURSE SKILLS

- 7.Round-off back handspring layout full
- 8.Standing series back handspring layout full
- 9.Front handspring front tuck through to round-off
- 10.Bounding skills
- 11.Elite combination passes
- 12.Round-off back handspring double full
- 13.Series back handsprings double full
- 14.Standing full

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

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

BODY POSITIONS & FLEXIBILITY

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