

EXCEL TUMBLING

CLASS TIME: 55 MIN



COURSE OBJECTIVES

The athlete will learn more advanced 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. Round-off back handspring tuck
2. Standing back tuck
3. Punch front tuck
4. Front tuck to elevated surface
5. Front handspring rebound to elevated surface
6. Standing back handspring back tuck
7. Round-off back handspring layout 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

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

BODY POSITIONS & FLEXIBILITY

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

NEXT CLASS:

Superior Tumbling