

INTERMEDIATE TUMBLING

CLASS TIME: 55 MIN



COURSE OBJECTIVES

The athlete will learn preparatory skills leading to intermediate 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. Handstand forward roll stand up without hands
2. Power hurdle round-off rebound
3. Standing back handspring to hollow body rebound
4. Front handspring / Front handspring step-out
5. Round-off back handspring rebound
6. Back extension roll to push up
7. Back extension roll to handstand on wedge
8. Series back handspring with assistance
9. Round-off back handspring series 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

- 30 sec. Push-up Hold x3
- 30 sec. Punches x3
- 30 sec. Squats x3
- 30 Calf Raises x3
- 10 V-ups x3
- 10 Push-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:

Advanced Tumbling