

INTRO TO TUMBLING

CLASS TIME: 55 MIN



COURSE OBJECTIVES

The athlete will be introduced to beginner 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. Tuck, pike, straddle body positions
2. Candlestick to the upright position without hands
3. Forward roll in a tuck and straddle position
4. Backward roll on wedge mat, tuck and straddle positions
5. Lunge to arabesque T to handstand
6. Cartwheel with straight legs
7. Cartwheel Step-in to hollow body
8. Push up to bridge
9. Bridge from standing - hold for 10 counts with spot
10. Handstand control to bridge with spot

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

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

Basics Tumbling