

SUPERIOR TUMBLING

CLASS TIME: 55 MIN



COURSE OBJECTIVES

The athlete will learn superior 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 layout
2. Standing series back handspring layout
3. Punch front tuck through to round-off
4. Front handspring front tuck
5. Progressions of whips
6. Progressions of fulls
 - layout bounce half
 - layout half
 - layout half bounce half
 - fulls 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:

EliteTumbling