

# PANTHERS CLASS

CLASS TIME:  
45 MIN

## COURSE OBJECTIVES

Your athlete will build on their foundation with more advanced movement, strength, and flexibility training while continuing to develop focus and body awareness. Students will work on progressing their skills on the floor and trampoline, with an emphasis on technique, control, and confidence as they advance to the next level.

## COURSE FOCUS

### FLOOR

- Handstand Hold (4 Sec)
- Bridge Kick Over / Backwalkover
- Front Limber / Frontwalkover
- Backwards roll on the floor
- Handstand Forward roll
- Body Mechanics of a Backhandspring

### BODY POSITIONS

- Back Roll Candlestick
- Rocking Hollow Body
- Bridge Leg Lifts

### TRAMPOLINE

- Seat Drop to knees
- Jump Full Turn
- Round-Off Rebound

NEXT CLASS: CHEETAHS



**PREMIER**  
**PRESCHOOL**

