



PRIDE
GYMNASTICS ACADEMY

Tumbling
Advanced
September-November

Warm Up

First 10 minutes of class

Stretch

1. Arm Circles (8 Counts)
 - a. Forward
 - b. Backward
 - c. Criss cross
 - d. Side to side
2. Standing Pike
3. Standing Straddle
 - a. Right
 - b. Left
 - c. Middle
4. Sitting Straddle
 - a. Right
 - b. Left
 - c. Middle
5. Sitting Pike
6. Skin the cat
7. Butterfly
8. Ankle Rolls (8x each direction)
9. Wrist stretches
10. Splits (both legs)
 - a. Lunge forward
 - b. Short Split
 - c. Full Split
11. Bridge (Kick over if able)
 - a. Rock- N- Roll



September-November

- WEEK #1- ODD WEEK (8/31-9/6)
- WEEK #2- EVEN WEEK (9/7-9/13)
- WEEK #3- ODD WEEK (9/14-9/20)
- WEEK #4- EVEN WEEK (9/21-9/27)
- WEEK #5- ODD WEEK (9/28-10/4)
- WEEK #6- EVEN WEEK(10/5-10/11)
- WEEK #7- ODD WEEK (10/12-10/18)
- WEEK #8- EVEN WEEK (10/19-10/25)
- WEEK #9- ODD WEEK (10/26-11/1)
- WEEK #10- EVEN WEEK (11/2-11/8)
- WEEK #11- EVALUATION WEEK (11/9-11/16)
- WEEK #12- THEME WEEK(11/23-11/29)

Floor

Advanced

1. Front limber or front walkover on line
 - a. Pass to multiple
2. Bounce handstand with mini tramp or T-trainer with hands on spotting block and 8 inch mat behind
 - a. Rebound back to feet
 - b. Add back tuck/layout
3. Back handspring down wedge
 - a. Pass to series
4. Stand on knees on floor, jump to feet and rebound
5. Round off tumbling on floor
 - a. Round off back handspring
 - b. Pass to series
 - c. Pass to back handspring back tuck/etc.

Trampoline

1. Seat drop
2. Back handspring
3. Seat drop back handspring
4. Back tuck
5. Back layout
6. Back full
7. Front tuck
8. Front pike
9. Front layout
10. Double front into pit

Tumble Track

Back tumbling

1. Round off back handspring
 - a. Pass to series
 - b. Pass to back handspring back tuck/layout/etc.
2. Standing layout to stomach at end
 - a. Pass to layout to stomach and roll to back
 - b. Pass to layout $\frac{1}{2}$ turn to belly before landing
 - c. Pass to layout full turn to back

Front tumbling:

1. Front handspring
2. Front tuck
3. Front tuck step out cartwheel/roundoff
 - a. Pass to add backhandspring

Side of TT:

Candle roll (in tuck) on spotting block step out to cartwheel (or round off) on wedge

Handstand snap down rebound back up to mat

Strength

1. Jumping jacks
2. Push ups
3. Sit ups
4. Leg lifts
5. Rope climb

May switch with:

1. Start on knees, jump to feet - 10 X
2. V ups - 10 X
3. Handstand hold (or push ups) with partner
4. Burpees - 10 X