



**PRIDE**  
GYMNASTICS ACADEMY

**Tumbling**  
**Advanced**  
**April-May Showcase**

# Showcase Review

- WEEK #1- ODD WEEK (3/30- 4/5)
- WEEK #2- EVEN WEEK (4/6- 4/12)
- WEEK #3- ODD WEEK (4/13-4/19)
- WEEK #4- EVEN WEEK (4/20-4/26)
- WEEK #5- ODD WEEK (4/27-5/3)
- WEEK #6- EVEN WEEK (5/4- 5/10)
- WEEK #7- ODD WEEK (5/11-5/17)
- WEEK #8- EVEN WEEK (5/18- 5/21)

# Floor

## Advanced

1. Front walkover
  - a. Front walkover + cartwheel
  - b. Front walkover + front walkover
2. Back walkover
  - a. Back walkover + back walkover
  - b. Back handspring
  - c. Back handspring series
  - d. Back handspring back tuck
3. Round off back handspring
  - a. Back handspring series
  - b. Back handspring back tuck
  - c. Back handspring layout
4. Front tuck
  - a. Front pike
  - b. Front layout

## Start in one corner:

1. Forward skill
  - a. Ex. Front walkover + cartwheel
2. Jump half turn
3. Backward skill
  - a. Ex. Back handspring
4. Front tuck/pike/etc. (roll if needed) to corner
5. Turn back to opposite corner
6. Running tumbling pass
  - a. Ex. Round off back handspring series



# Trampoline

## Advanced

1. Front handspring
2. Front tuck
3. Front layout
4. Back handspring
5. Back tuck
6. Back layout
7. Back full

# Tumble Track

Advanced

On Tumble Track

- Will take multiple turns and can do different skills each turn
- Example:
  1. Round off back handspring
    - a. Back handspring series
    - b. Back tuck
    - c. Back layout
    - d. Full
  2. Front skill into pit
    - a. Front tuck
    - b. Front pike
    - c. Front layout
    - d. Double front tuck

\*Side of tumble track for class

3. Handstand walk
4. Front handspring
  - a. Front tuck
  - b. Front tuck step out, round off
  - c. Front tuck step out, round off back handspring



# Strength

## Advanced

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

May switch with:

1. Straight jumps
2. Plank hold
3. Shoulder taps
4. Mountain climbers