



**PRIDE**  
GYMNASTICS ACADEMY

**Tumbling**  
**Beginner**  
**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

## Beginner

1. Handstand
2. Forward roll
3. Backward roll
  - a. Down wedge
4. Cartwheel
5. Round off
6. Bridge hold or kickover
  - a. OR standing bridge



# Trampoline

## Beginner

1. Straight jump
2. Tuck jump
3. Straddle jump
4. Seat drop
5. Knee drop
6. Doggy drop
  - a. Add forward roll

# Tumble Track

## Beginner

1. Round off rebound
  2. Backward roll
    - a. Down wedge
  3. Tuck jump into pit
- \*Side of Tumble Track
4. Handstand
  5. Cartwheel

# Strength

## Beginner

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