



PRIDE
GYMNASTICS ACADEMY

Tumbling
Intermediate
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

Intermediate

1. Handstand, bridge
 - a. Or front limber
 - b. Or front walkover
2. Cartwheel
3. Round off rebound
4. Standing bridge
 - a. Kickover
 - b. Or back walkover
5. Back handspring



Trampoline

Intermediate

1. Tuck jump
2. Straddle jump
3. Seat drop
4. Knee drop handstand
5. Doggy drop
6. Front tuck
7. Back handspring
 - a. *spotted

Tumble Track

Intermediate

1. Running round off rebound
 2. Back handspring
 - a. Down wedge
 3. Front tuck into pit
- *Side of Tumble Track
4. Handstand
 - a. OR handstand walk
 5. Front handspring over barrel
 - a. Hands on panel mat
 - b. Use appropriate size barrel

Strength

Intermediate

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

May switch with:

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