



PRIDE
GYMNASTICS ACADEMY

Tumbling
Intermediate
June-August

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



June-August

- WEEK #1- ODD WEEK (6/1-6/7)
- WEEK #2- EVEN WEEK (6/8-6/14)
- WEEK #3- ODD WEEK (6/15-6/21)
- WEEK #4- EVEN WEEK (6/22-6/28)
- WEEK #5- ODD WEEK (6/29-7/5)
- WEEK #6- EVEN WEEK(7/6-7/12)
- WEEK #7- ODD WEEK (7/13-7/19)
- WEEK #8- EVEN WEEK (7/20-7/26)
- WEEK #9- ODD WEEK (7/27-8/2)
- WEEK #10- EVEN WEEK (8/3-8/9)
- WEEK #11- ODD WEEK (8/10-8/16)
- WEEK #12- EVALUATION WEEK(8/17-8/23)
- WEEK #13- THEME WEEK (8/24-8/30)

Floor

Intermediate

1. Handstand bridge
 - a. With 8 inch mat
 - b. Pass to front limber
 - c. Pass to front walkover
2. Cartwheel from knee
 - a. Pass to round off
3. Backward roll to push up
 - a. Down wedge
 - b. Goal is straight arms
4. Standing bridge up wedge
 - a. Pass to floor
 - b. Pass to Standing bridge kickover on floor
 - c. Pass to back walkover on floor
 - d. Pass to back handspring

Trampoline

Intermediate

1. Seat drop
2. Knee drop
3. Knee drop handstand
4. Bounder
5. Doggy drop
 - a. Add forward roll
6. Front tuck into pit with 8 inch mat
7. Front tuck on trampoline
8. Front pike

Tumble Track

Intermediate

1. Back handspring spotted
 - a. Make sure back is facing wall
2. Round off rebound
 - a. Hands on panel mat
3. Handstand snap down on side of TT
 - a. Hands on panel mat
 - b. Bring both feet down and rebound back up to panel mat
4. Stand with back facing wedge, sit down to wedge, lay flat on wedge with arms by ears/legs straight/hips up

Strength

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