



PRIDE
GYMNASTICS ACADEMY

Tumbling
Intermediate
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

Intermediate

1. Handstand bridge
 - a. With 8 inch mat
 - b. Pass to front limber
 - c. Pass to front walkover
2. Cartwheel from knee
 - a. On velcro line
 - b. Pass to round off
3. Backward roll on panel mat
 - a. Start standing on floor, roll back onto panel
 - b. Pass to backward roll to push up with straight arms
4. Standing bridge up to wedge lifting good leg up
 - a. When they are in their bridge, they will have both hands down and only one foot down on the wedge
5. Bridge kickover with feet on panel mat *put panel mat against wall so not to slide
 - a. Pass to kickover on the floor
 - b. Pass to standing bridge kickover
 - c. Pass to back walkover

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. Running round off rebound on TT
 2. Standing back handspring with spot
 - a. Spotter's back facing wall
 - b. OR have child turn around
- **GOAL is connected round off BHS
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. 10 rope pull ups
 - a. Make sure mat is under rope
 - b. Sit in pike with hands on rope holding to the side
 - c. Pull up while staying in pike position

Strength

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

May switch with:

1. High knees in place
2. Handstand hold with partner
3. Forward lunges
4. Hollow hold *30 sec at a time