



PRIDE
GYMNASTICS ACADEMY

Tumbling
Beginner
December-February

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



December-February

- WEEK #1- ODD WEEK (11/30-12/6)
- WEEK #2- EVEN WEEK (12/7-12/13)
- WEEK #3- ODD WEEK (12/14-12/20)
- WEEK #4- EVEN WEEK (12/21-12/27)
- WEEK #5- ODD WEEK (12/28-1/3)
- WEEK #6- EVEN WEEK(1/4-1/10)
- WEEK #7- ODD WEEK (1/11-1/17)
- WEEK #8- EVEN WEEK (1/18-1/24)
- WEEK #9- ODD WEEK (1/25-1/31)
- WEEK #10- EVEN WEEK (2/1-2/7)
- WEEK #11- ODD WEEK (2/8-2/14)
- WEEK #12- EVALUATION WEEK(2/15-2/21)
- WEEK #13- THEME WEEK (2/22-2/28)

Floor

BEGINNER

1. See saw or Handstand up to panel mat
 - One foot up, start and finish in lunge
2. Forward roll on panel mat
 - Feet on floor, hands on mat, stand with feet on floor
3. Backward roll down wedge
4. Cartwheel over sideways panel mat
 - Start and finish in lunge
 - Pass to round off
5. Bridge hold
 - Pass lifting one leg/kick over
 - Pass to standing bridge
 - Pass to back walkover

Trampoline

Beginner

1. Straight jump
2. Tuck jump
3. Straddle jump
4. Seat drop
5. Knee drop
6. Doggy drop
 - a. Add forward roll
7. Forward roll into pit with 8 inch mat
 - a. Pass to dive roll
 - b. Pass to front tuck
8. Back handspring when ready
 - a. Spotted

Tumble Track

BEGINNER

1. Backward roll down wedge (on TT)
 - Back handspring when ready
2. Cartwheel over panel mat (on TT)
3. Handstand up to panel mat
 - Start and finish in lunge
4. Forward roll to stand
5. 5 dips with hands on tumble track
 - Hands on red
 - Fingers facing body, bend elbows to 90 degrees

Strength Training

1. Jumping jacks
2. Push ups
3. Shoulder taps
4. Sit ups
5. Leg lifts *with partner
6. Rope climb

***Rotate through stations:**

1 time: 2 minutes each

2 times: 1:30 each