



PRIDE
GYMNASTICS ACADEMY

Tumbling
Beginner
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

Beginner

1. Handstand hold against spotting block against wall
 - a. Face block, put hands down, and walk feet up the wall
 - b. Try to lift one leg away from the wall at a time to balance
 - c. Pass to handstand with back against block
 - i. Goal is not to touch block, but to balance
2. Forward roll on small panel mat
 - a. Start standing on floor
3. Backward roll
 - a. Down wedge to feet
 - b. Pass to landing in push up w/ straight arms
4. Cartwheel around lines
 - a. Arrange velcro lines in a “+”
 - b. Hands will split the line, go around clockwise for left leg and counter-clockwise for right leg
5. Bridge hold or kickover
 - a. OR standing bridge
 - b. On 8 inch mat

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

Tumble Track

Beginner

1. Back handspring over barrel
 - a. Spotted
2. Cartwheel over panel mat
 - a. Hands in middle
 - b. Pass to round off
3. Handstand up to panel mat
4. 5 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

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