



PRIDE
GYMNASTICS ACADEMY

Tumbling
Beginner
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

Beginner

1. Handstand with one foot up to panel mat
 - a. Start and finish in lunge
2. Forward roll on line on floor
 - a. Make sure feet stay together, chin is tucked, and stand up with arms by ears
3. Backward roll
 - a. Down wedge
4. Cartwheel
 - a. Over panel mat (short way) with pit blocks
 - b. Hands in middle and kick feet over blocks
 - c. Pass to round off when needed
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 snap down on side of TT
 - a. Hands on panel mat
 - b. Bring both feet down and rebound
4. Forward roll on line
 - a. Pass to forward roll cartwheel
 - b. Step out with favorite foot in front

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