



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- Evaluations (11/9-11/16)*
- *Week #12 - Theme Week (11/20-11/29)*

Strength

(Even week)

- 1.) Straight jumps (30 sec)
- 2.) Jumping jack (30 sec)
- 3.) Push ups x10
- 4.) Planks (30 sec)
- 5.) Mountain climbers (30 sec)
- 6.) Burpees x10
- 7.) Rope

Trampoline

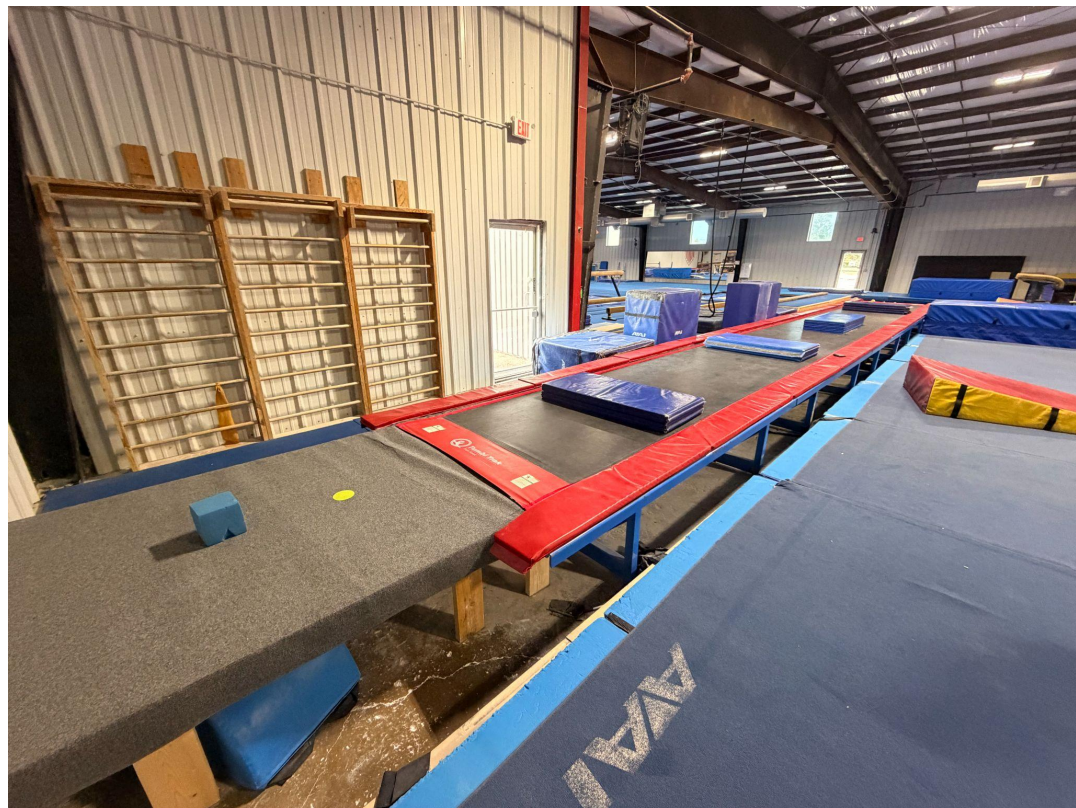
(Odd Week)

- 1.) Straight Jump
- 2.) Tuck Jump
- 3.) Straddle Jump
- 4.) Seat Drop

Tumble Track

(Even Week)

1. 5x Lunge holding block over head
 - A. Make sure front foot is cartwheel leg
2. Donkey Kick with one foot up on a panel mat
 - A. start and finish in a lunge position
 - B. Pass to handstand up on panel mat
3. Cartwheel
 - A. Cartwheel over small horizontal panel mat
 - B. Cartwheel over vertical panel mat (start/finish in lunge one foot on panel mat)
 - C. Pass to start of cartwheel step-in
4. Cartwheel over vertical panel mat (start/finish in lunge one foot on panel mat)
5. Bounce Handstands
 - A. Hands on panel mat and bounce feet up to handstand position



Floor

(Odd Week)

1. Donkey Kick with one foot up on a panel mat
 - A. start and finish in a lunge position
 - B. Pass to handstand up on panel mat
2. Forward roll on line
 - A. Make sure feet start and finish together, nose to their bellies, and stand up with armpits by ears
3. Backward roll
 - A. Down wedge
 - B. pass roll over a panel mat
 - C. pass to floor
4. Cartwheel
 - A. Start with a cartwheel mat, start and finish in a lunge
 - B. Pass to on a line
 - C. Pass to start of cartwheel step-in
5. Bridge Hold
 - A. pass to spotted backbend
6. Headstand with Pacman mat
 - A. Make sure head and hands make a triangle and feet come up together and with straight legs
 - B. Pass to straddle up headstand

