

J.A.GYMNASTICS

Tumbling Curriculum

WARM-UP

- 20X calve raises
- 10X forward lunges R & L
- 10X backward lunges R & L
- 10X squats
- 10X squat jumps
- 10X glute bridges
- 10X butt-ups
- 10X crunches
- 10X side dips R & L
- 10X reverse leg lifts
- 10X reverse sit-ups
- 20S plank all 4 ways
- 10X elevated push-ups
- 10X dips
- 20S handstand hold on wall

STRETCH

- Touch toes
- R leg lunge.
- R leg half split
- R leg split forward
- R leg slit back
- Pike stretch
- L leg lunge
- L leg half split
- L leg split forward
- L leg split back
- Middle split
- Bridge

TUMBLING

Basics

- Forward rolls
- Backward rolls
- Lunge, touch, lift
- Lunge, touch, ½ handstand
- Lunge, handstand
- Side cartwheel right
- Side cartwheel left
- Step, hurdle
- Lunge, cartwheel
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Back Handspring Progressions

- Backwards jump-up onto knee high mat stack
- Jump to back onto waist high mat stack
- Jump back to candlestick onto waist high mat stack
- ¾ handstand hold with back to wall
- Spotted back handspring down wedge mat

Round Off Back Handspring Progressions

- Step, hurdle, roundoff off of two red panel mats, blast back onto waist high mat stack
- Step, hurdle, roundoff off of two red panel mats, spotted back handspring

TUMBLING CONT.

Standing Back Tuck

Progressions

- Backwards jump-up onto waist high mat stack, no-handed backward roll off
- Jump back to candlestick onto shoulder high mat stack
- Standing back tuck over waist high pac-man
- Spotted standing back tuck

Round Off, Handspring, Back Tuck Progressions

- Handstand on waist high block, snap down onto mini tramp, candle tuck over to knees onto shoulder high mat stack
- Spotted roundoff, back handspring, back tuck

Round Off, Handspring, Layout Progressions

- Fall back to candlestick, roll over to push-up position on knee-high wedge mat
- Handstand on waist high block, snap down onto mini tramp, candleover to push-up position onto shoulder high mat stack
- Spotted roundoff, back handspring, back tuck