

Advanced Tumbling Week 6

Warmup/Stretch (15 Minutes)

- 30 second handstand hold x3
 - Stomach to the wall, hollow ribs, nose and shoulders touching wall
- Jump rope
 - 25 forward
 - 25 back
- Independent stretch
 - Do splits together, 1 minute each
 - 10 up and arounds on each leg
 - 10 tick tocks

Conditioning (15 Minutes)

- 90 Second Plank (no more than 5 second breather during)
- 80 Calf raisers (40 each leg OR 80 legs together)
- 70 Seconds arch and hollow holds (35 seconds each)
- 60 jumping jacks
- 50 sit ups
- 40 mountain climbers
- 30 second wall sit
- 20 push ups
- 10 V Ups
- 1 Rope Climb

Tumbl Trak (30 Minutes)

- Up hill tumbling – use rezi mat OR 2 12” mats stacked
 - Front tucks (work on shaping, arm placement, and LANDING SHAPE)
 - Round off – rebound – set to shoulders (work on proper set shape – head neutral, arms over ears)
 - Front pike (work on shaping, arm placement, and LANDING SHAPE)
 - Front Layout – land on back (work on heel drive, arms to SIDE, tight arch, land solid on back)
- Front twisting into pit

Mini Tramp (15 Minutes)

No brawny's please! Unless they are not on show team

- Dive roll
- Swan dive
- Front tuck
- Front straddle
- Front pike
- Pike step out
- Tuck half
- Tuck full (if able)
- Layout

- Layout half
- Layout full
- Layout 1 ½
- Layout 2/2

Floor (15 Minutes)

- Tumble Strip
 - Aerials
 - Front Aerials
 - Front Pikes
 - Front Layouts
 - Front Tuck Half
 - Round off – set to back
 - Round off – back tuck
 - Free Turns