



2.5HR ADV TUMBLERS SKILLS 2019

FLEXIBILITY		TRAMPOLINE		STRENGTH	
Back bridge with shoulders over hands. Feet & hands together, legs straight		Stomach drop to back drop from jump		5x leg lifts near the top	
Flat splits with front and back leg on box		Front sault, peanut roll connected		Chin hold 30sec	
Pike stretch with chest on thighs and feet raised, flexed feet hands wrapped around		Continuous split change jumps		Arch hold 1min	
Back Walkover		Back over x2		Dish hold 1min	
BARS		Handspring flyspring connected		10x high box jumps no run	
Cast toeshoot in pike or straddle from high bar		Backflip unassisted		40x sit ups with 3kg weight ball	
Squat on or pike on		FLOOR		20x push ups feet raised in a row	
3x long swings then half turn, continue swinging		Handstand forward roll, bunny hop to handstand forward roll straight arms		Scissor rope climb to the top within 30sec	
3x long swing then pullover on high bar		Roundoff rebound half turn cartwheel back walkover connected		BEAM	
VAULT		Backward roll to handstand down wedge		Straight jump, split jump connected	
Run & jump to handstand flatback from board to 90cm mats		Split jump to over 135 degrees with ankle weights on		Kick towards full handstand, feet tap together	
Front sault from board to mat stuck		Run hurdle handspring		Step full turn	
Run jump to handstand using mini tramp on vault		Back flip down wedge with no assistance		Cartwheel on a high beam	
Handstand pop up to a scatter mat from the floor x2				Handspring dismount	
Press to handstand against wall no jumping					

