Kanata GymnoSphere™
CORPORATION

Intro to Tumbling **Week 1**

GOALS:

1. Splits
2. Bridges
3. Kickovers
4. Back roll
5. Handstand hold

Station	Drill/Skill
FLOOR CONDITIONING	1. 25 partner crunches 2. 10 pushups 3. 30s superman hold 4. 30s handstand hold 5. splits & bridges
TUMBLE TRACK **FLOOR**	1. warm-up jumps on TT 2. bridge kick-overs (w block) 3. handstand progressions (levers) 4. handstand holding (shoulder-elbow-hand combo) 5. back roll (cheese)