



## Intro to Tumbling **Week 2**

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Station	Drill/Skill
<b>FLOOR</b>	<ol style="list-style-type: none"> <li>1. TT Rec (Everyone attempt Front &amp; back handsprings some with cylinder)</li> <li>2. Rebounds from beat board to tramp</li> <li>3. Front support (hollowed push up) on beat board keeping arms straight and tight</li> <li>4. Block and yoga ball L-shaped push ups</li> <li>5. Front support to back support feet elevated on block (repeat)</li> <li>6. Superman slide: parachute on incline and smaller parachute on top girls run and slide on their stomachs</li> <li>7. *Relay races after a few rotations*</li> </ol>
<b>TRAMPOLINE</b>	<ol style="list-style-type: none"> <li>1. Round-off to straight jump</li> <li>2. Box jumps</li> <li>3. Sit ups with weight (or heavier object in hand)</li> <li>4. Jump rope</li> <li>5. Hands on pommel horse L-rebounds from box</li> <li>6. Half of Ladder stretching splits</li> <li>7. Other half of Ladder Raising feet as high as possible hold and slow coming down</li> </ol>