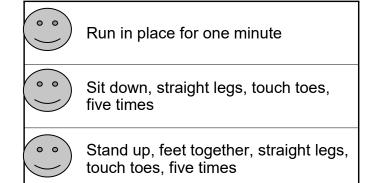
# TUMBLES' FLIPPING FIT CHALLENGE SKILL CHART (AGES 3-5)

WEEK 1 APRIL 6 - 10

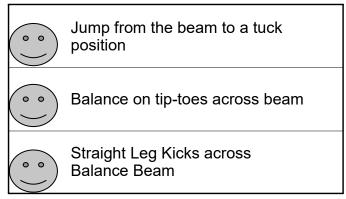
# **VAULT DRILLS**

# Jump from a lunge to a "vault" position, Freeze Three Straight Jumps to a "freeze" position Tuck jump to freeze

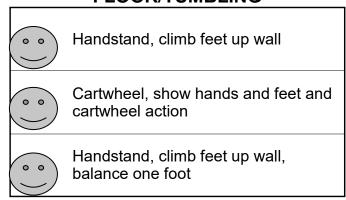
# **CONDITIONING**



### **BALANCE BEAM**



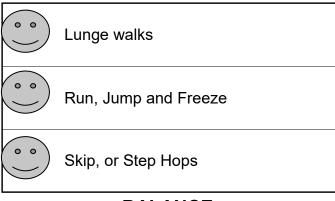
# FLOOR/TUMBLING



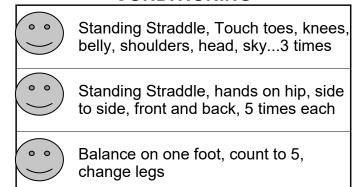
# TUMBLES' FLIPPING FIT CHALLENGE SKILL CHART (AGES 3-5)

WEEK 2 APRIL 13 - 17

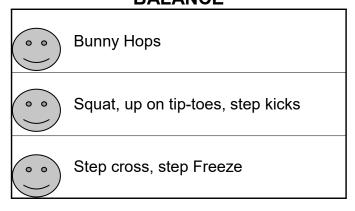
# **VAULT DRILLS**



# CONDITIONING



# **BALANCE**



# FLOOR/TUMBLING

0 0	Bear Crawls
0 0	Crab Walks
0 0	Candlestick to tuck position