TUMBLES' FLIPPING FIT CHALLENGE SKILL CHART (AGES 6 - 10)

WEEK 1 APRIL 6 - 10

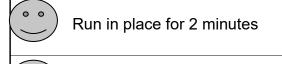
VAULT DRILLS

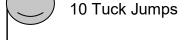
Correct running technique (L's and 7's)

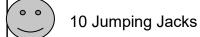
Lunge, Straight Jump, Freeze...10 times



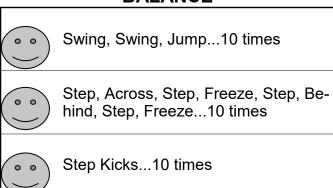
CONDITIONING



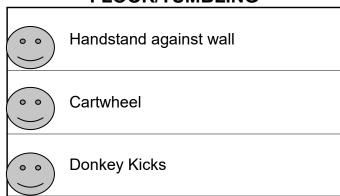




BALANCE



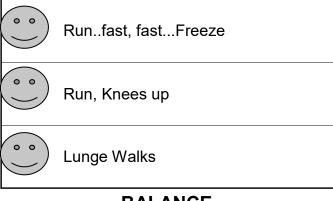
FLOOR/TUMBLING



TUMBLES' FLIPPING FIT CHALLENGE SKILL CHART (AGES 6 - 10)

WEEK 2 APRIL 13 - 17

VAULT DRILLS



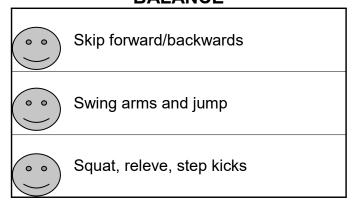
CONDITIONING

Standing straddle, touch your toes, knees, belly, shoulders, head, sky...5 times

Sit in pike, hold toes, count to 5

Lunge, Lift, back to Lunge

BALANCE



FLOOR/TUMBLING

Candlestick to Tuck, Stand Up

Hands on mat, feet from right up to Handstand, down to left

Candlestick to Tuck

Child's Name: