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

WEEK 5 **MAY 4 - 8** 

#### SINGLE BAR SKILLS

# Grip Turn...Lift Broom, turn hands, broom down...5 times

Push Up position with broom, count to

Hollow Position, count to 5

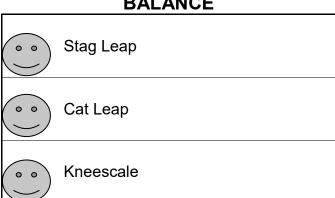
### **CONDITIONING**



Squat Balance

Plank/Push Up Hold, count to 5

#### **BALANCE**



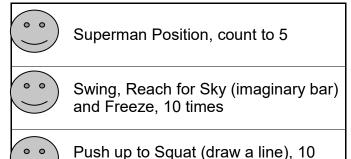
#### FLOOR/TUMBLING



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

WEEK 6 **MAY 11 - 15** 

#### SINGLE BAR SKILLS



#### **CONDITIONING**

Runner Stretch, count to 5

Straddle Lift Hold, count to 5

Stretch, up on tip-toes, 10 times

#### **BALANCE**

times



#### FLOOR/TUMBLING

