

FLIPS AND TRICKS APPARATUS



FLOOR + TRAMPOLINES



- Gymnastics Static Postures & Positions
- Assorted Roll Development
- Handstand Development
- Cartwheel Development
- Assorted Jumps and Landings
- Parkour Development
 - Obstacle Courses (ropes, rings, boxes, boards, hills, trapeze)
- Handspring Development
- Roundoff Development
- Aerial Development

- Assorted Basic Jumps:
 - Straight, Tuck, Star, Pike, Straddle, Wolf, Split, Full Turn, 1.5 or 2.0 turn
- Body bounces:
 - Front support/ Camel Walks/ Handstand Pops/ Back & Belly Combinations/ Peanut Rolls (FWD & BWD)
- Skill Connections/ Combinations
- Rotational development
 - Front Salto, Back Salto, Pike Salto
 - Layout, Twisting
- Dive Roll Development

FOAM PIT



- Wall Flips
- Aerial Awareness Development
- Spatial Awareness Development
- Safety Falls

FLIPS AND TRICKS PREPARATION



BODY PREPARATION



- Chin Up Holds
- Tuck hang and tuck ups
- L hang
- Support holds
- Tuck sit, rock n roll, rock n roll to stand up
- Angry Cat/Happy Cat

- Front support/back support
- Dish/Arch Hold
- Straight shape
- Tuck, pike and wall handstand
- Correct take-off and landing technique
- Falls training

STRENGTHENING



- Assisted chin ups
- Tuck hang and tuck ups
- L hang and half leg lifts
- Push ups
- Support holds
- Sit ups and tuck snaps
- Rope climb with feet
- 30-40cm Box jumps
- Double leg squats

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Lunge
- Left Lunge
- Standing Straddle
- Star Jump
- Lazy Lizard (Stomach & Back)
- Lazy Cat (Shoulders)