

INTERMEDIATE TUMBLING

Students in Intermediate Tumbling refine their basic tumbling skills and increase their strength and flexibility. Also, many enroll in this class specifically to learn back handsprings that they use in cheer and gymnastics floor routines.



Forward Dive Roll

Backward Roll to Pushup

Front Handspring/Front Handspring

Step Out

Standing Back Handspring

Round Off, Back Handspring

Cartwheel Swing Thru, Back
Walkover

Cartwheel Step In, Back
Handspring

Cartwheel, Back Walkover,
Backward Roll

Cartwheel, Round Off
Rebound, Backward Roll

Front Walkover, Cartwheel,
Round Off



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