



Tumbl Trak

Train Smart

Homenastics Activity Guide

Tumbling Mat



Rolls

Tuck Forward Roll



Forward Roll
Tuck

Helpful Hint 1: Start by standing up tall with your tummy in.
Helpful Hint 2: Keep your knees together and chin down as you roll.



Forward Roll
Tuck

Challenge 1: Keep your feet together as you stand up straight.

Straddle Forward Roll



Forward Roll
Straddle

Helpful Hint 1: Start standing straight with your legs slightly wider than shoulder width distance apart.
Helpful Hint 2: Keep your knees straight as you roll.



Forward Roll
Straddle

Challenge 1: Try keeping your feet from hitting the floor as you roll.
Challenge 2: Instead of standing up, try a straddle press out of the roll.

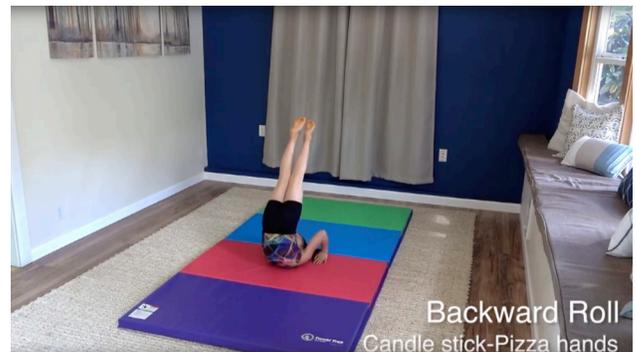
Candlesticks



Backward Roll
Start with candle sticks

Helpful Hint 1: Point your toes straight up toward the ceiling.
Helpful Hint 2: Keep your hips open.
Challenge 1: Hold position for 5 seconds at the top.
Challenge 2: Do a straight jump after you stand up.

Candlesticks with Pizza Hands



Backward Roll
Candle stick-Pizza hands

Helpful Hint 1: Turn your hands over so they are flat on the ground with your elbows bent above your head.
Helpful Hint 2: Keep your hips open.
Challenge 1: Hold position for 5 seconds at the top.
Challenge 2: Do a straight jump after you stand up.



Rolls

Modified Candle Stick



Backward Roll
Modified candle stick

- Helpful Hint 1:** Place your hands at your side and flat on the ground as you candle stick up.
- Helpful Hint 2:** Keep your hips open as you press down.
- Challenge 1:** Hold position for 5 seconds at the top.

Straddle Candlestick



Backward Roll
Candle stick-Straddle

- Helpful Hint 1:** Make sure your hips are square.
- Helpful Hint 2:** Keep your knees straight
- Challenge 1:** Hold a candle stick position first before straddling.
- Challenge 2:** Lower your feet behind you as slowly as possible.

Scissor Kick Candlestick



Backward Roll
Candle stick-Scissor kick

- Helpful Hint 1:** Place your hands at your side and flat on the ground as you candle stick up.
- Helpful Hint 2:** Split your legs after you candle stick.
- Challenge 1:** Try to touch the mat with your toes as you split.
- Challenge 2:** Alternate split legs.

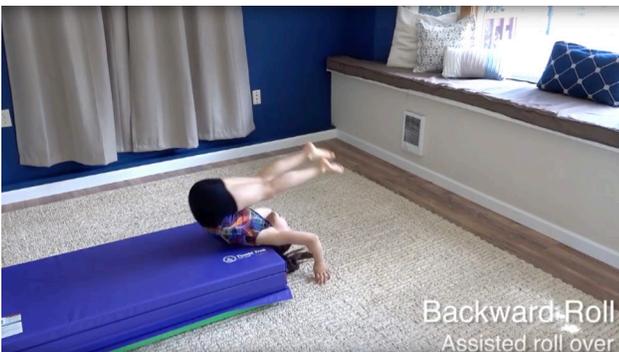
Raised Candlestick



Backward Roll
Raised candle stick

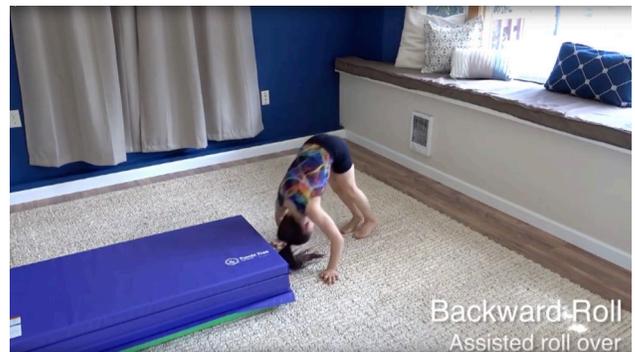
- Helpful Hint 1:** Place a panel mat behind you.
- Helpful Hint 2:** Keep your hips open.
- Challenge 1:** Hold position for 5 seconds at the top.
- Challenge 2:** Do a straight jump after you stand up.

Backward Roll - Assisted Roll Over



Backward Roll
Assisted roll over

- Helpful Hint 1:** Lie on your back on a panel mat.
- Helpful Hint 2:** As you roll backwards, place your hands on the floor right in front of the panel mat.



Backward Roll
Assisted roll over

- Challenge 1:** Lift with your hips.
- Challenge 2:** Keep your chin tucked in.



Rolls

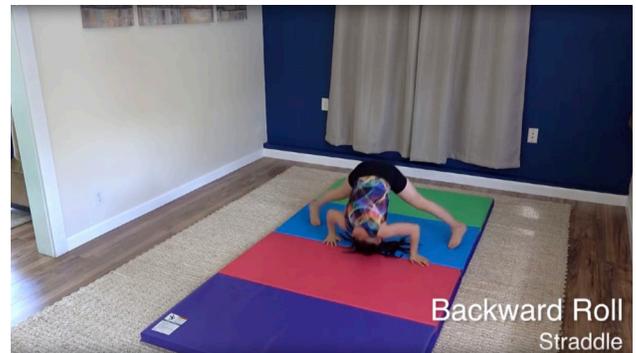
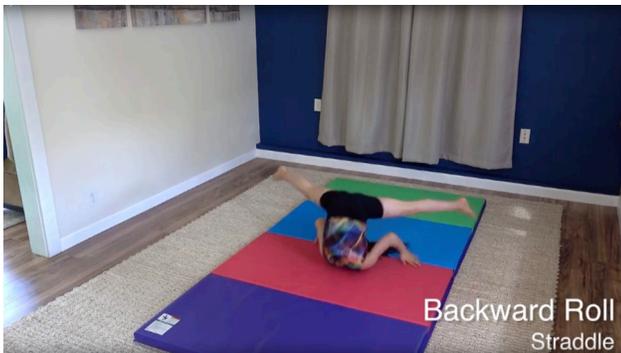
Backward Roll - Tuck



Helpful Hint 1: Stand up straight with tummy and hips tucked in.
Helpful Hint 2: Keep chin tucked in.

Challenge 1: Keep your knees together.

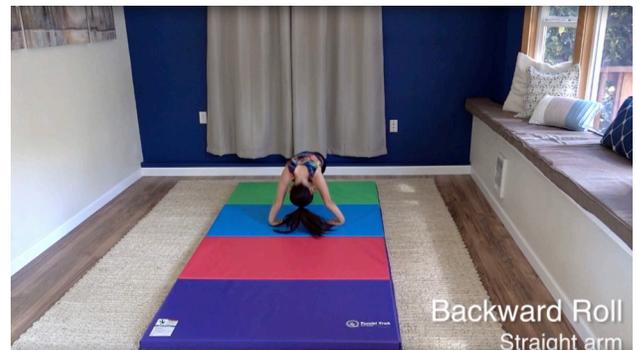
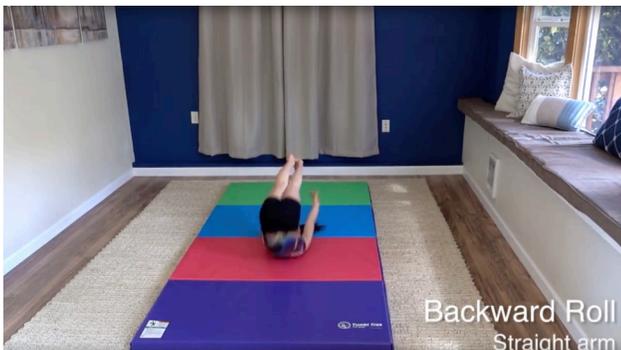
Backward Roll - Straddle



Helpful Hint 1: Start standing straight up, feet together.
Helpful Hint 2: As you roll back, place hands on the ground and push hard!

Challenge 1: Keep your knees straight and toes pointed.

Backward Roll - Straight Arm



Helpful Hint 1: Turn your hands in towards each other.
Helpful Hint 2: Keep your hips square as you roll.

Challenge 1: Roll to a plank position and hold for 10-15 seconds.



Handstands

Donkey Kicks



Handstands
Donkey kicks

Helpful Hint 1: Push through your toes and kick your heels.
Helpful Hint 2: Come down on the balls of your feet and bounce into another donkey kick.



Handstands
Donkey kicks

Challenge 1: Try 5-10 donkey kicks in a row.
Challenge 2: Try and donkey kick to a 1-2 second balance.

Needle Kicks



Handstands
Needle kicks

Helpful Hint 1: Keep your hips square.
Helpful Hint 2: Keep your hands flat on the ground, close to your feet
Challenge 1: Alternate legs every kick.
Challenge 2: Kick to a 180 degree split.

Levers



Handstands
Levers

Helpful Hint 1: Keep your arms by your ears and parallel to your back leg.
Helpful Hint 2: Square your hips and keep your head neutral.
Challenge 1: Hold lever for 5-10 seconds.
Challenge 2: Do exercise on both legs.

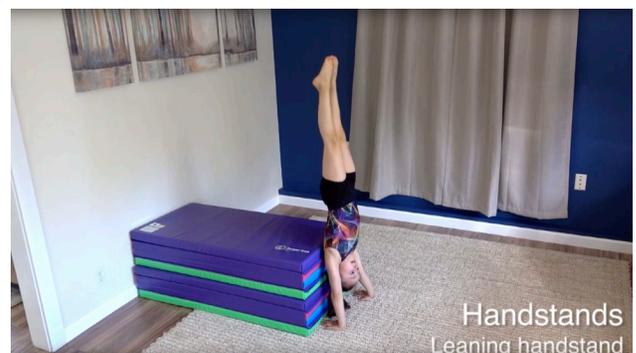
Handstands



Handstands
Remember to lever in & out!

Helpful Hint 1: Keep your hips and shoulders open.
Helpful Hint 2: Keep your head neutral and tummy tight.
Challenge 1: Lever in and out of handstand.
Challenge 2: Hold handstand for 5-10 seconds without moving hands.

Leaning Handstands



Handstands
Leaning handstand

Helpful Hint 1: Stack two panel mats on top of each other.
Helpful Hint 2: Kick into a handstand with your hands placed in front of the mats.
Challenge 1: Keep your shoulders and hips open.
Challenge 2: Hold handstand for 15-20 seconds with your abs tight and head in a neutral position.



Handstands

Tuck Leaning Handstand



Handstands
Tucked

- Helpful Hint 1:** Stack two panel mats on top of each other.
Helpful Hint 2: Kick into a handstand with your hands placed in front of the mats. Bend your knees into a tuck.
Challenge 1: Straighten legs up and down 5 times.
Challenge 2: Hold handstand for 15-20 seconds.

Straddle Leaning Handstand



Handstands
Straddle

- Helpful Hint 1:** Stack two panel mats on top of each other.
Helpful Hint 2: Place your hands in front of mats and press into a straddle handstand.
Challenge 1: Close legs and open 5 times.
Challenge 2: Hold handstand for 15-20 seconds.

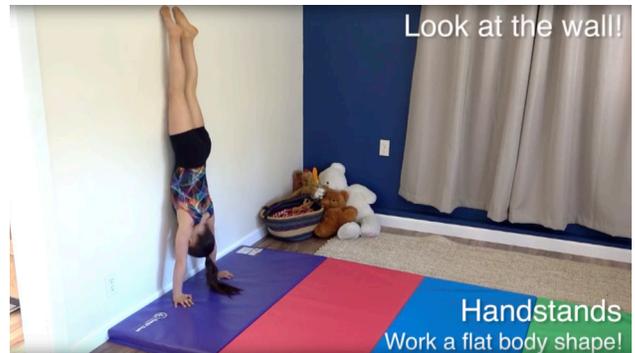
L Handstand



Handstands
L-Handstand

- Helpful Hint 1:** With your hands on the ground, walk your feet up the wall until they are parallel with your hips.
Helpful Hint 2: Make sure your hands, shoulders and hips are aligned with each other.
Challenge 1: Try push ups in this position.

Wall Handstand



Look at the wall!

Handstands
Work a flat body shape!

- Helpful Hint 1:** With your hands on the ground, walk your feet up the wall and hands towards the wall.
Helpful Hint 2: Keep your shoulders and hips flat.
Challenge 1: Do 5-10 shoulder taps, alternating hands.

Needle Kick Handstand Forward Roll



Handstand Forward Roll
Needle Kick roll

- Helpful Hint 1:** Start with a needle kick and hold for 1-2 seconds.
Helpful Hint 2: Roll out of needle kick with straight legs.



Handstand Forward Roll
Needle kick roll

- Challenge 1:** Kick into handstand before roll.
Challenge 2: Try a needle kick roll on your non dominant leg.



Handstands

Uphill Handstand Forward Roll



Helpful Hint 1: Kick into a handstand with hands placed in front of panel mat.
Helpful Hint 2: Roll out of handstand with control.

Challenge 1: Try standing up from roll on one leg with the other extended straight out.

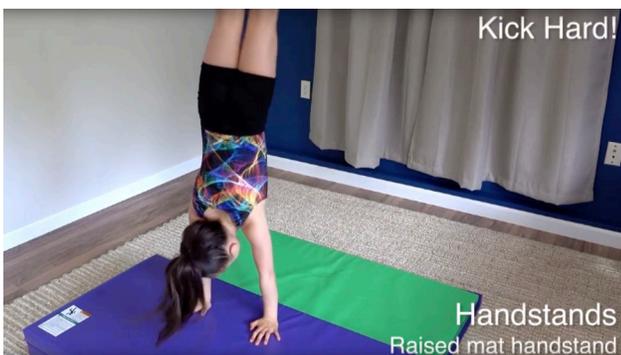
Handstand Forward Roll



Helpful Hint 1: Lever into handstand.
Helpful Hint 2: Keep your arms straight.

Challenge 1: Hold handstand for 1-3 seconds before rolling.
Challenge 2: Try standing up on one leg.

Raised Mat Handstands



Helpful Hint 1: Kick hard into a handstand onto a panel mat.
Helpful Hint 2: Keep your arms and back straight.
Challenge 1: Hold handstand for 5 seconds.
Challenge 2: Lever in and out with control.



Cartwheels & Walkovers

Cartwheel Side to Side Hops



Helpful Hint 1: Place hands on a panel mat with some stuffed animals placed underneath you.

Helpful Hint 2: Push through your toes and hop from one leg to the other side to side.

Challenge 1: Keep your hips up high and legs straight.

Challenge 2: Squeeze your abs and push through your shoulders.

Cartwheel Side to Side Jumps



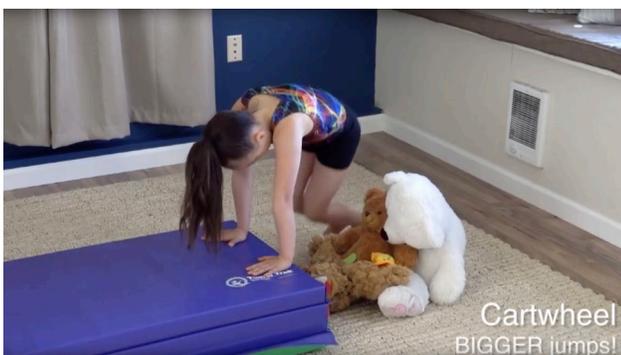
Helpful Hint 1: Place hands on a panel mat with a stuffed animal placed underneath you.

Helpful Hint 2: Push through your toes and jump over stuffed animal from side to side.

Challenge 1: Keep your legs straight and feet together.

Challenge 2: Hold a strong piked position as you jump over.

Cartwheel Side to Side Bigger Jumps



Helpful Hint 1: Place hands on a panel mat with more stuffed animals placed underneath you.

Helpful Hint 2: Push through your toes and jump over stuffed animal from side to side.

Challenge 1: Keep your legs straight and feet together.

Challenge 2: Hold a strong piked position as you jump over.



Cartwheels & Walkovers

Full Cartwheel



Helpful Hint 1: Lever into cartwheel, and push through your front leg.
Helpful Hint 2: Keep your head neutral, with elbows by your ears.

Challenge 1: Try a cartwheel on the other side.
Challenge 2: Look forward, under your arm, in the direction you're going.

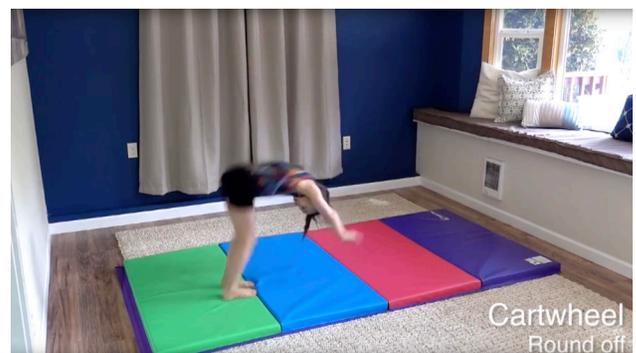
One Arm Cartwheel



Helpful Hint 1: Lift up your second hand as you cartwheel.
Helpful Hint 2: Keep your arms straight.

Challenge 1: Try one arm cartwheel on the other side.
Challenge 2: Look forward, at the wall, in the direction you're going.

Round Off



Helpful Hint 1: Start round off the same way you would a cartwheel, snap feet together and land on two feet.
Helpful Hint 2: Try to reach your hands forward and keep shoulders extended

Challenge 1: Try rebounding out of round off.
Challenge 2: Keep your feet together.



Cartwheels & Walkovers

Uphill Cartwheel



Helpful Hint 1: Place a panel mat sideways in front of you and lever into a cartwheel with hands on the mat.

Helpful Hint 2: Push off of your front leg and kick with your back.

Challenge 1: Lever out of cartwheel.

Challenge 2: Try snapping legs together into a round off.

Downhill Cartwheel

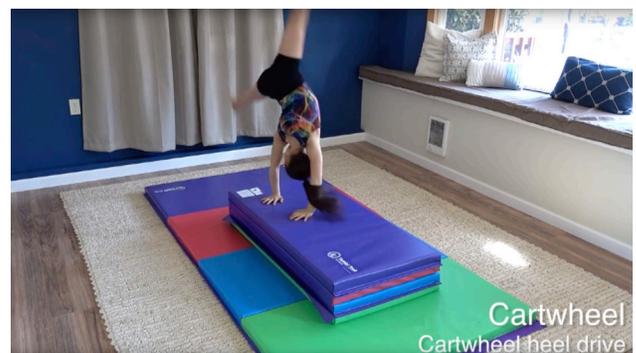


Helpful Hint 1: Start standing straight, cartwheel off a panel mat.

Helpful Hint 2: Keep your hips square and knees straight.

Challenge 1: Come out of cartwheel with control.

Cartwheel Heel Drive



Helpful Hint 1: Start standing in front of a panel mat.

Helpful Hint 2: Cartwheel with your front foot on the mat driving your back heel to kick yourself over.

Challenge 1: Finish cartwheel on other side of mat with control.

Challenge 2: Keep your arms straight and push through your shoulders.



Cartwheels & Walkovers

Round Off Heel Drive



Helpful Hint 1: Lunge into roundoff with your front foot on the panel mat.
Helpful Hint 2: Drive your back heel over and snap down into a round off on the other side of the mat.



Challenge 1: Snap down from round off with open hips and back rounded.

One Leg Lift



Helpful Hint 1: Start in a bridge with hands on the floor and feet on the panel mat.
Helpful Hint 2: Lift one leg up pointing your toes.
Challenge 1: Alternate lifting legs keeping your legs straight.

Elevated Kickovers

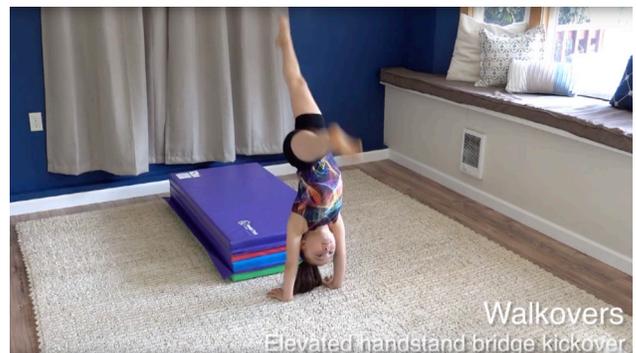


Helpful Hint 1: Start in a bridge with hands on the floor and feet flat on a panel mat.
Helpful Hint 2: Lift one leg and push off the bottom leg to kick over.
Challenge 1: Push through your shoulders and keep your head neutral.

Walkovers Elevated Handstand Bridge Kickover



Helpful Hint 1: Lever into a handstand bridge with hands on the floor and feet on the panel mat.
Helpful Hint 2: Lift one leg and push off the bottom leg to kick over.



Challenge 1: Keep your head between your arms.
Challenge 2: Keep your legs straight and hips square as you kick over.



Cartwheels & Walkovers

Back Walkover



Helpful Hint 1: Begin with hands reaching towards the ceiling, then slowly backward.
Helpful Hint 2: Keep all your weight on your straight back leg to start.



Challenge 1: Lift your front leg to a horizontal hold before bending back.
Challenge 2: Keep head between your arms.

Back Walkover with Lever

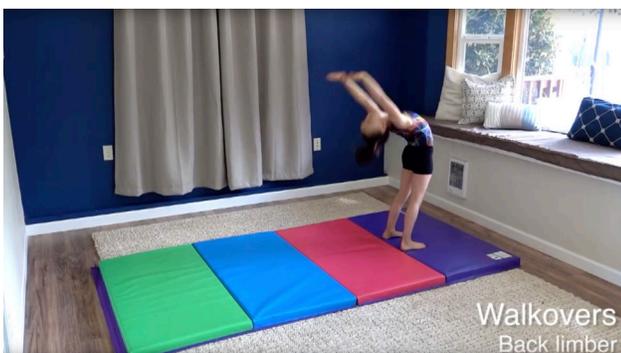


Helpful Hint 1: Start your walkover with your front foot placed on a mat in front of you.
Helpful Hint 2: Keep your legs straight and your hips square as you kick over.

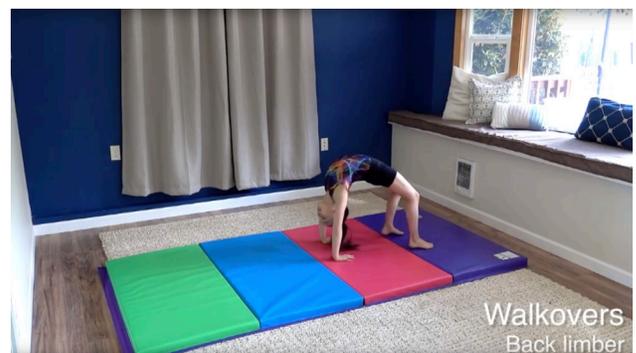


Challenge 1: Stack two panel mats on top of each other, making your lever higher.
Challenge 2: Lever out of your back walkover.

Back Limber



Helpful Hint 1: Keeping both feet on the ground bend backwards until your hands touch the floor.
Helpful Hint 2: Keep your chest and hips open.



Challenge 1: Try standing back up out of your bridge.
Challenge 2: Lift one leg and kick into a walkover.



Cartwheels & Walkovers

Front Walkover



Helpful Hint 1: Lever into front walkover while keeping your shoulders open.

Helpful Hint 2: Keep your head back for as long as you can.

Challenge 1: Finish front walkover looking up at your hands.

Front Walkover Lever



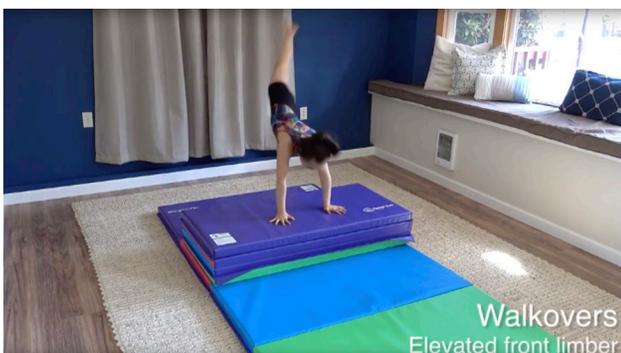
Helpful Hint 1: Place a panel mat in front of you with enough space to do a front walkover.

Helpful Hint 2: Finish front walkover with your second foot on the mat.

Challenge 1: Stack panel mats to make the lever higher.

Challenge 2: After lever, lift your foot to horizontal and hold for 5 seconds.

Elevated Front Limber



Helpful Hint 1: Lever into a handstand with your hands on a panel mat in front of you.

Helpful Hint 2: Front limber with your feet landing on the other side of the mat.

Challenge 1: Keep your head back as long as possible while standing up and finish looking up at your hands.



Jump, Land, and Leap

Landing Forward



Helpful Hint 1: Starting on a panel mat, straight jump off forward and land with control.

Helpful Hint 2: Land with your arms parallel to the ground.

Challenge 1: Try stacking panel mats for a higher jump.

Landing Backward



Helpful Hint 1: Starting on a panel mat, straight jump off backwards and land with control.

Helpful Hint 2: Keep your chest up and hips tucked in.

Challenge 1: Try stacking panel mats for a higher jump.

Tuck Jump



Helpful Hint 1: Starting on a panel mat, tuck jump off and land with control.

Helpful Hint 2: Point your toes in the air.

Challenge 1: Keep your knees to your chest in the air.

Pike Jump



Helpful Hint 1: Starting on a panel mat, pike jump off and land with control.

Helpful Hint 2: Keep your chest up and reach out.

Challenge 1: Try to touch your toes in the air without bending your knees.

Straddle Jump

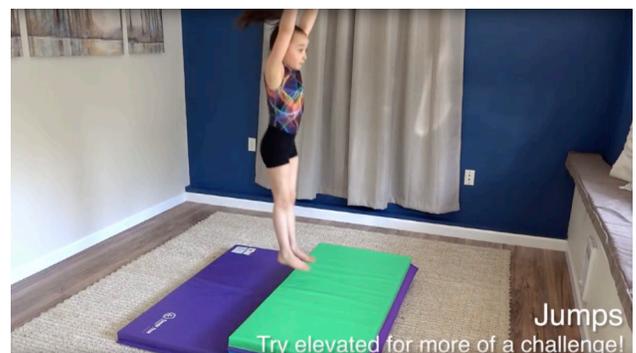


Helpful Hint 1: Standing on a panel mat, straddle jump off and land with control.

Helpful Hint 2: Keep your knees straight and point your toes.

Challenge 1: Snap your legs together before landing.

Elevated Straight Jump



Helpful Hint 1: Start on the floor and straight jump up onto a panel mat.

Helpful Hint 2: Push through your toes on the jump.

Challenge 1: Stick the landing!



Jump, Land, and Leap

1/2 Turn Jump



Helpful Hint 1: Starting on a panel mat, straight jump off and make a half turn so you land facing the mat.
Helpful Hint 2: Look for something to spot when you make your half turn.

Challenge 1: Lead with your shoulders and hips to turn, keep your arms straight up.
Challenge 1: Stick the landing, arms parallel to the ground.

Full Turn Jump



Helpful Hint 1: Starting on a panel mat, straight jump off and make a full turn so you land facing away from the mat.
Helpful Hint 2: Look for something to spot when you make your full turn.

Challenge 1: Lead with your shoulders and hips to turn, keep your arms straight up.
Challenge 1: Stick the landing, arms parallel to the ground.

Split Jump Up Mat



Helpful Hint 1: Starting on the ground and standing with a panel mat at your side. Split jump up onto the panel mat.
Helpful Hint 2: Land controlled with your feet together.
Challenge 1: Split jump on both legs.
Challenge 2: Stack the mats higher.

Split Jump Off Mat



Helpful Hint 1: Starting on a panel mat, split jump to the side off of the mat.
Helpful Hint 2: Land controlled with your feet together.
Challenge 1: Split jump on both legs.



Jump, Land, and Leap

Elevated Tuck Jump



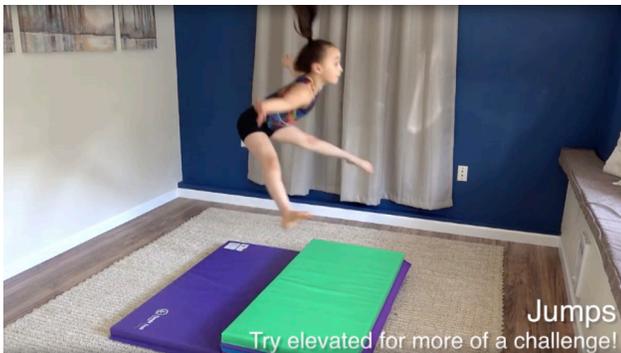
- Helpful Hint 1:** Starting on the ground with a panel mat in front of you. Tuck jump up onto the mat.
- Helpful Hint 2:** Keep your knees tucked in and point your toes.
- Challenge 1:** Try stacking the mats higher.

Elevated Pike Jump



- Helpful Hint 1:** Starting on the ground with a panel mat in front of you. Pike jump up onto the mat.
- Helpful Hint 2:** Keep your chest up as you reach for your toes.
- Challenge 1:** Try stacking the mats higher.

Elevated Straddle Jump

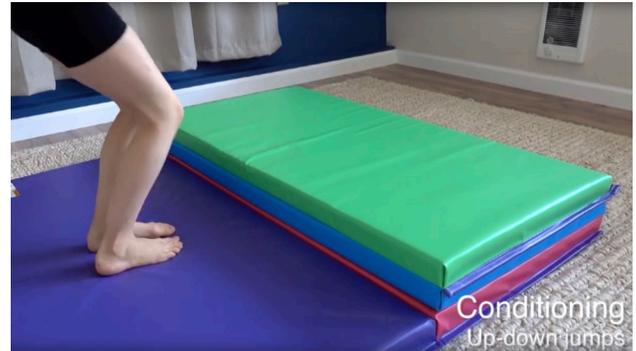


- Helpful Hint 1:** Starting on the ground with a panel mat in front of you. Straddle jump up onto the mat.
- Helpful Hint 2:** Keep your chest up and tuck your hips in.
- Challenge 1:** Try stacking the mats higher.



Flexibility & Conditioning

Up-down Jumps



Helpful Hint 1: Jump up and down off of a panel mat.
Helpful Hint 2: Keep a steady rhythm while jumping.

Challenge 1: Try exercise while keeping your arms by your ears.
Challenge 2: Do exercise for a full minute.

Sideways Up-down Jumps



Helpful Hint 1: Jump up and down off of a panel mat from the side.
Helpful Hint 2: Keep a steady rhythm while jumping.

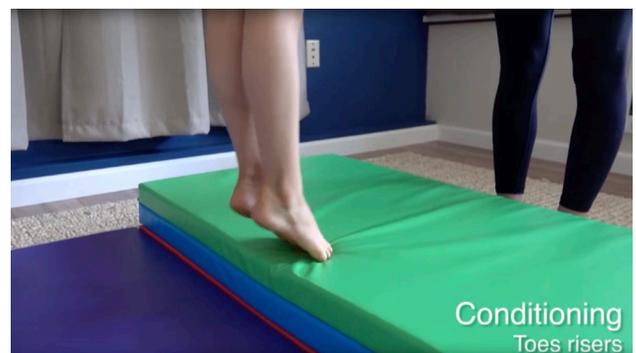
Challenge 1: Try exercise while keeping your arms by your ears.
Challenge 2: Do exercise for a full minute.

Toe Touches



Helpful Hint 1: With a panel mat in front of you, stand with one foot on the mat, one foot on the ground.
Helpful Hint 2: Jump and switch foot positions.
Challenge 1: Keep a steady rhythm as you jump.
Challenge 2: Try a straight jump up before you switch.

Toe Risers



Helpful Hint 1: Stand at the edge of a panel mat and rise up onto your toes.
Helpful Hint 2: Tuck your hips in and squeeze your abs.
Challenge 1: Hold at the top of the toe rise for 10 seconds, repeat 5 times.
Challenge 2: Drop your heels below the mat when you lower down.



Flexibility & Conditioning

One Foot Toe Risers



Conditioning
One foot toe risers

- Helpful Hint 1:** Stand on a panel mat with one foot with the other foot in passé.
- Helpful Hint 2:** Squeeze your legs together as you rise into high toe.
- Challenge 1:** Do this exercise on both feet.
- Challenge 2:** Hold on high toe for 5 seconds.

Assisted One Foot Toe Risers



Conditioning
Grab a buddy for balance!

- Helpful Hint 1:** Stand on a panel mat with one foot with the other foot in passé.
- Helpful Hint 2:** Have a friend hold your arms for balance, keep them extended.
- Challenge 1:** Hold on high toe for 5 seconds.

Side-to-Side Raised Jumps



Conditioning
Side-to-side raised jumps

- Helpful Hint 1:** Standing with a panel mat on your side, jump side to side up onto the panel mat and off.
- Helpful Hint 2:** Keep your arms by your ears and push through your toes.



Conditioning
Side-to-side raised jumps

- Challenge 1:** Do 5-7 sets of the exercise.
- Challenge 2:** Try a tuck jump variation when jumping, keeping your arms by your ears.

Big Side-to-Side Jumps



Conditioning
Big side-to-side jumps

- Helpful Hint 1:** Standing with a panel mat on your side, jump side to side up and over the panel mat
- Helpful Hint 2:** Jump through your toes and keep your knees together.



Conditioning
Big side-to-side jumps

- Challenge 1:** Try stacking the mats higher and see how high you can jump.



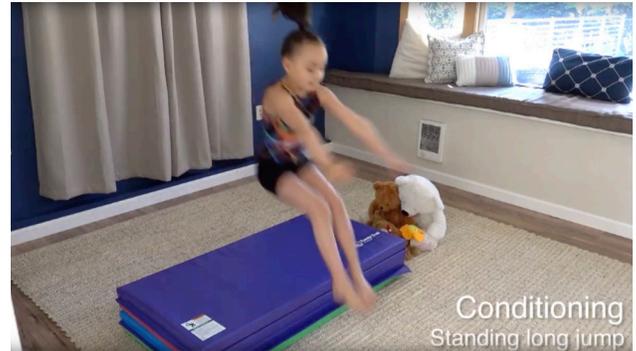
Flexibility & Conditioning

Standing Long Jump



Helpful Hint 1: Stand in front of a panel mat and jump up and over the mat.

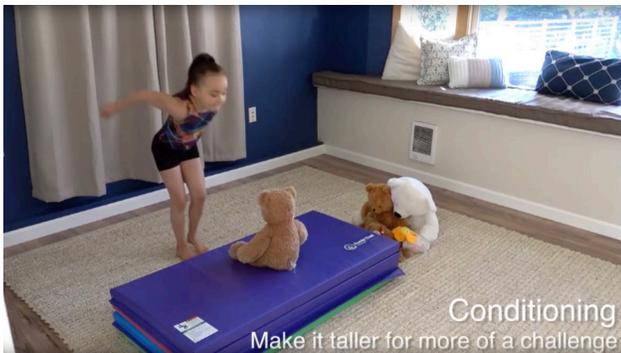
Helpful Hint 2: Squeeze your legs together.



Challenge 1: Stick the landing with control.

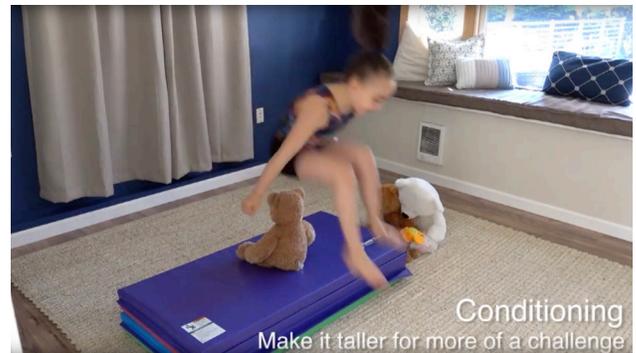
Challenge 2: Have a friend mark your landings and see how far you can jump past the panel mat.

Taller Standing Long Jump



Helpful Hint 1: Place a teddy bear on the panel mat or stack panel mats for a taller jump.

Helpful Hint 2: Point your toes and keep your legs together.



Challenge 1: Stick the landing with control.

Challenge 2: Try a straddle jump.

Longer Standing Long Jump



Helpful Hint 1: This time, turn the panel mat so you are jumping the long way.

Helpful Hint 2: Try not to lean your chest forward when bending your knees to jump.



Challenge 1: Stick the landing with control.

Challenge 2: Have a friend mark your landings and see how far you can jump past the panel mat.



Flexibility & Conditioning

Hurdle Jumps



Conditioning
Hurdle jumps

- Helpful Hint 1:** Standing sideways next to a panel mat, place the foot closest on the mat.
Helpful Hint 2: Push through your toes and jump bringing your other foot up to passé.
Challenge 1: Do exercise 5-10 times in a row.

Press Straddle Sit



Conditioning
Press straddle sit

- Helpful Hint 1:** Sit in a straddle position on a panel mat and down onto the mat keeping your feet up
Helpful Hint 2: Push through your shoulders
Challenge 1: Keep your chest up as you press.
Challenge 2: Hold press for 10 seconds.

Press Straddle Roll



Conditioning
Press straddle roll

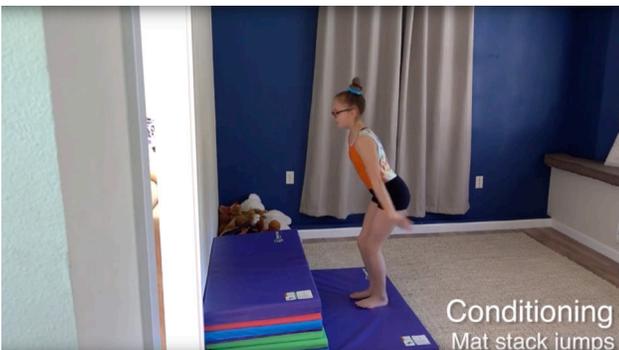
- Helpful Hint 1:** Starting at the end of the panel mat, do a straddle press but this time tuck your head in to forward roll.
Helpful Hint 2: Keep your knees straight.



Conditioning
Press straddle roll

- Challenge 1:** Keep your toes off the ground while you roll.
Challenge 2: Try a straddle press out of the roll.

Mat Stack Jumps



Conditioning
Mat stack jumps

- Helpful Hint 1:** Stack two panel mats in front of you and jump up onto the stack. Place mats in front of a wall for security.
Helpful Hint 2: Jump through your toes.



Conditioning
Mat stack jumps

- Challenge 1:** Do exercise 10 times in a row.
Challenge 2: Try a straight jump in place on panel mat after jumping up onto stack.



Flexibility & Conditioning

Mat Bounding Jumps



Helpful Hint 1: Line 2-3 panel mats up in a row, evenly spaced apart.
Helpful Hint 2: Jump through your toes up and over the mats.

Challenge 1: Try a pike and straddle jump in between mats.
Challenge 2: Try a half turn onto the mat and another half turn off of the mat.

Straight Body Roll

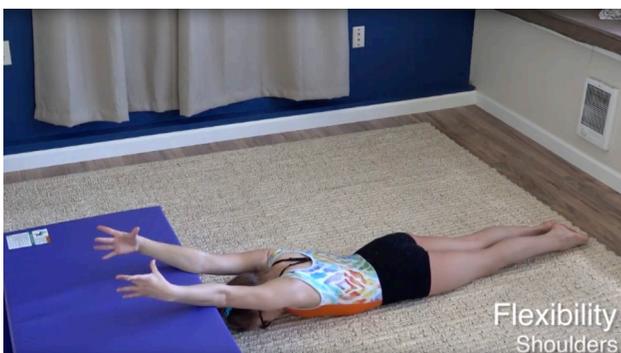


Helpful Hint 1: Starting in a straight body position in between two panel mats, use your shoulders to roll yourself to your front and keep going until you reach the end of the mats.

Helpful Hint 2: Keep your hips up and squeeze your abs.

Challenge 1: Hold position on each turn for 10 seconds.

Panel Mat Shoulder Stretch



Helpful Hint 1: Lay on your stomach in front of a panel mat.

Helpful Hint 2: Stretch your arms up onto the mat with your head down.

Challenge 1: Relax into the stretch and try to touch your head to the ground.



Fun & Games

Elbow Cartwheels



Helpful Hint 1: With a panel mat out in front of you, cartwheel using your elbows to support you.

Helpful Hint 2: Keep your legs straight and toes pointed.

Challenge 1: Stack mats higher.

Cartwheel Flower Reach



Helpful Hint 1: Place a flower or marker out in front of you and cartwheel placing your hands past the flower.

Helpful Hint 2: Stretch your arms out long as you lever.

Challenge 1: Placing the flower further and further out after each try.

Flower Reach Shoulder Stretch



Helpful Hint 1: Kick into a slight bridge with your feet flat on the wall. Have a friend hold a flower out in front of you

Helpful Hint 2: Stretch your shoulders open and reach for the flower as if you are trying to smell it.

Challenge 1: Hold the flower out further and further each try.

Flower Long Jump



Helpful Hint 1: Jump as far out as you can.

Helpful Hint 2: Have a friend mark where you land and try to beat your record!

Challenge 1: Try this in a tuck, pike, and straddle position.