



YELLOW LEVEL GYMNASTICS TO GO

Getting that "stacked" handstand:

Do your Handstand against a sturdy, but low surface like a front of a couch or bed. This will help you balance, but force you to use your core muscles to stay up. Get your fingers right up against the surface and keep your head in. Be sure the area is clear and won't hit a wall or hard surface if you lose your balance!



Getting more power when you vault:

Doing leg exercises like box jumps and calf raises will improve the speed of your run and your power when punching the springboard. You can also do pike and straddle-ons onto raised surfaces from standing.

Get that jump to sole circle on bars:
Find a sturdy surface, not too high off the ground, and put A LOT of padding next to it. Start standing on the padded surface and jump into your straddle. Fall back onto the padding keeping your hands and feet on.



Getting ready to back hip circle:

Not only is a hollow body the proper position for casting on the bar, but it also prepares for your back hip circle in Green Level! A great hollow body means lots of practice. Take it one step at a time!

