



Tumbl Trak

Train Smart

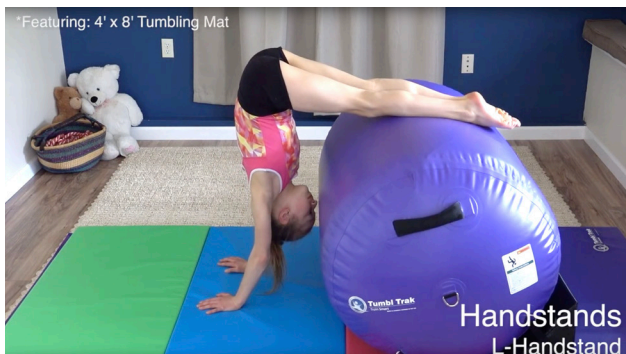
Homenastics Activity Guide

Air Barrel



Handstands

L-Handstand



Helpful Hint 1: Start with your hands on the mat and shins on the Air Barrel.

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

Challenge 1: Hold position for 10-15 seconds.

Challenge 2: Try 3 pushups in this position.

Needle Switch



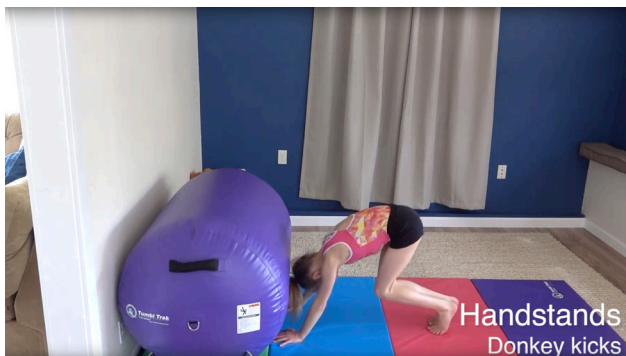
Helpful Hint 1: Start with your hands on the mat in front of the Air Barrel pushed up against a wall.

Helpful Hint 2: Raise your leg into a needle, keeping both legs straight.

Challenge 1: Alternate legs.

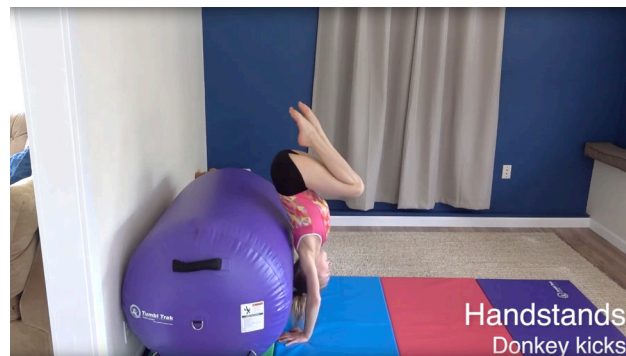
Challenge 2: Hold position for 5 seconds on each leg.

Donkey Kicks



Helpful Hint 1: Start with your hands on the mat in front of the Air Barrel pushed up against a wall.

Helpful Hint 2: Push through your toes into a handstand kicking your legs into a tuck position.



Challenge 1: Keep your shoulders open and feet together.

Challenge 2: Try holding position for 5-10 seconds at the top.

Pike Kicks



Helpful Hint 1: Start with your hands on the mat in front of the Air Barrel pushed up against a wall.

Helpful Hint 2: Push through your toes into a handstand kicking your legs into a pike position.



Challenge 1: Keep your shoulders open and knees straight.

Challenge 2: Try holding position for 5-10 seconds at the top.



Handstands

Needle Hops



Helpful Hint 1: With the Air Barrel pushed against the wall, start with your hands on the mat and one leg lifted up.

Helpful Hint 2: Push off of your bottom foot into a handstand keeping your legs split.

Challenge 1: Try to hold at the top for 3 seconds.

Challenge 2: Alternate legs.

Front Facing Handstand



Helpful Hint 1: With the Air Barrel pushed against the wall, kick into a handstand using the barrel for balance.

Helpful Hint 2: Keep your shoulders and hips open.

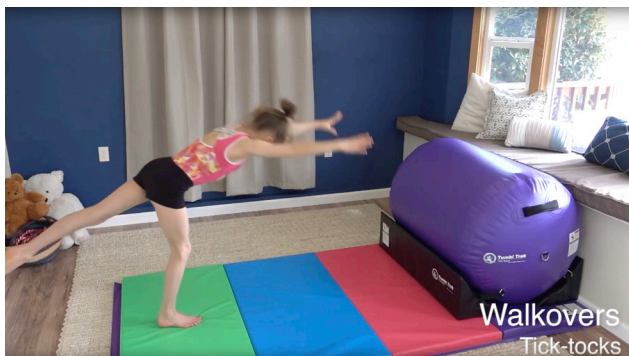
Challenge 1: Try to balance a few seconds pushing off of the barrel.

Challenge 2: Keep your head tucked in.



Walkovers

Tick Tocks



Helpful Hint 1: With the barrel placed in front of you on cradles and braced against a wall, lever into a front walkover.

Helpful Hint 2: Use the barrel to kick back over, pushing off of your first foot.

Challenge 1: Walkover onto Air Barrel with control.

Challenge 2: Keep your legs straight.

Handstand Bridge Kickovers



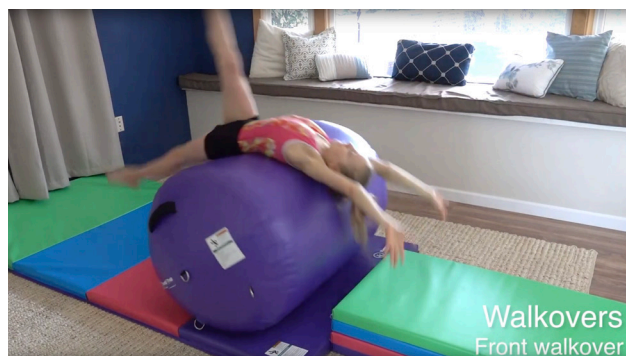
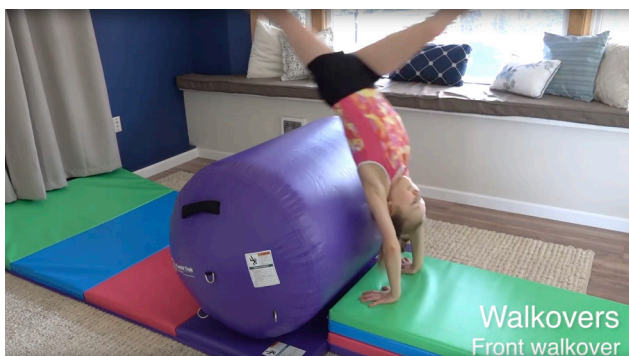
Helpful Hint 1: With the barrel placed in front of you on cradles and braced against a wall, lever into a handstand bridge landing with two feet.

Helpful Hint 2: Kick into a back walkover and lever out.

Challenge 1: Land the bridge onto Air Barrel with control.

Challenge 2: Keep your legs straight.

Front Walkovers



Helpful Hint 1: Starting on a mat in front of the Air Barrel, lever into a front walkover over the barrel.

Helpful Hint 2: Push through your shoulders

Challenge 1: Keep your arms up all the way through with your arms by your ears.

Challenge 2: End front walkover in a lever.



Walkovers

Bridge to Handstand



Helpful Hint 1: With the barrel placed in front of you on cradles and braced against a wall, lever into a bridge over the barrel.

Helpful Hint 2: Push back through your shoulders until you are in a handstand against the barrel.

Challenge 1: Keep your hips and shoulders open.

Challenge 2: Hold handstand for 5-10 seconds before levering out.

Walkover Flexibility



Helpful Hint 1: With the barrel placed in behind you braced against a wall, stretch your arms up and bend slowly back.

Helpful Hint 2: Stand back up from the wall with control.

Challenge 1: Keep your head neutral.

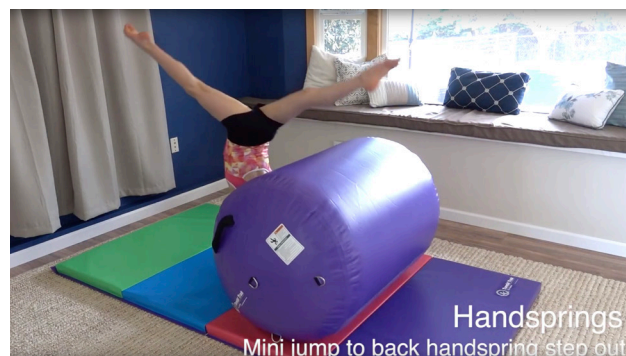


Handsprings

Mini Jump Back Handspring Step Out



Helpful Hint 1: Start bent backwards over the Air Barrel with your feet on the ground and a slight bend in your knees.
Helpful Hint 2: Pushing through your toes, back handspring step out over the barrel.

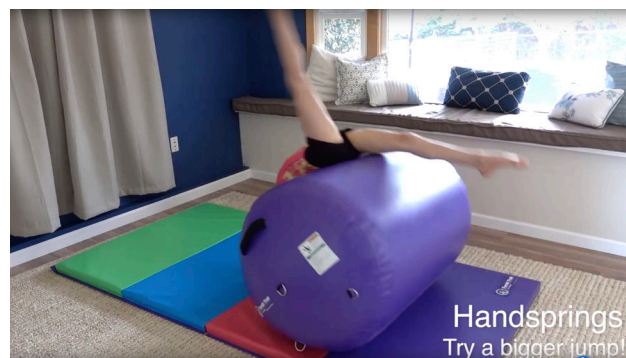


Challenge 1: Step out of back handspring with control.
Challenge 2: Keep your legs straight.

Big Jump Back Handspring Step Out

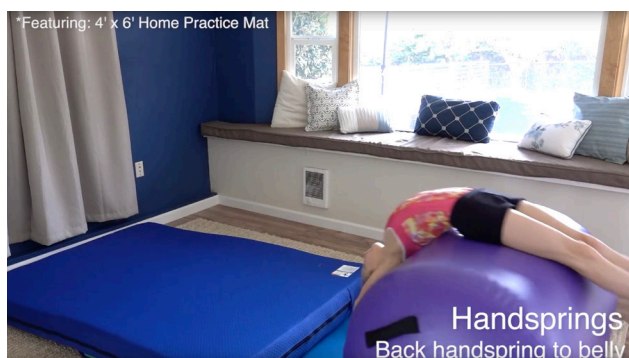


Helpful Hint 1: Start standing in front of Air Barrel with knees bent slightly and arms by your ears.
Helpful Hint 2: Pushing through your toes, back handspring step out over the barrel.

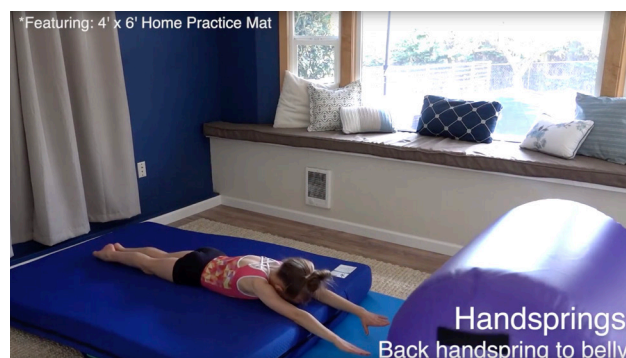


Challenge 1: Step out of back handspring with control.
Challenge 2: Keep your legs straight.

Back Handspring to Belly



Helpful Hint 1: Start standing in front of the Air Barrel with a Practice Mat placed behind barrel.
Helpful Hint 2: Keeping your tummy and legs tight, let yourself fall to your stomach from the back handspring.



Challenge 1: Keep your chin tucked in as you come down to the mat.
Challenge 2: Come up to a "superman" hold for 3 seconds after you land



Handsprings

Back Handspring



Handsprings
Back handspring

Helpful Hint 1: Start standing in front of Air Barrel with knees bent slightly and arms by your ears.

Helpful Hint 2: Push through your toes and reach!



Handsprings
Back handspring

Challenge 1: Snap quickly up to a stand with control.

Challenge 2: Try to rebound out of handspring.

Handspring Shoulder Stretch



Handsprings
Shoulder stretch

Helpful Hint 1: Start standing with the Air Barrel slightly in front of the mat.

Helpful Hint 2: Reach back towards the wall slowly.

Challenge 1: Try to touch the wall and rise back to straight while keeping your arms by your ears and head neutral.



Flexibility & Conditioning

Active Forward Split Stretch



Helpful Hint 1: Facing the Air Barrel, lift one leg onto the barrel and gently stretch the split.

Helpful Hint 2: Do this stretch on both legs.

Challenge 1: Try holding split for 5-10 seconds then come back up to stand.

Active Side Split Stretch



Helpful Hint 1: Standing on the side the Air Barrel, lift one leg onto the barrel and gently stretch the split.

Helpful Hint 2: Try holding your arms in a T while doing the stretch.

Challenge 1: Do this stretch on both legs keeping your hips square.

T Stretch



Helpful Hint 1: Starting in the same position you were in for the shoulder stretch, now lift one leg and hold.

Helpful Hint 2: Keep your hips square.

Challenge 1: Do this stretch on both legs

Active Backward Split Stretch



Helpful Hint 1: With the Air Barrel behind you, lift one leg backward onto the barrel and gently stretch the split with your hands placed on the ground.

Helpful Hint 2: Do this stretch on both legs.

Challenge 1: Try holding split for 5-10 seconds.

Shoulder Flexibility



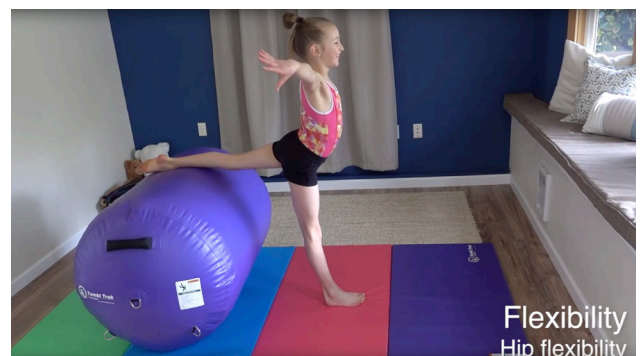
Helpful Hint 1: Facing the Air Barrel, place your hands on the top and push your chest down towards the floor.

Helpful Hint 2: Bend your knees slightly.

Challenge 1: Try bouncing a bit in the stretch.

Challenge 2: Hold stretch for 10 seconds.

Hip Flexibility



Helpful Hint 1: Start standing in front of the Air Barrel with your arms in a T. Lift your back leg onto the barrel.

Helpful Hint 2: Keep shoulders and hips square.

Challenge 1: Do this stretch on both legs

Challenge 2: Try lifting back leg off of the barrel.



Flexibility & Conditioning

Rolling Core Strengthening



Helpful Hint 1: Start facing the Air Barrel with your hands placed flat on the top.

Helpful Hint 2: Roll out your hands as far as you can and roll back up to a stand.



Challenge 1: Hold position for 5-10 seconds before rolling back up.

Plank Kick Backs



Helpful Hint 1: Starting in a forearm plank with your feet on the Air Barrel, kick one leg back.

Helpful Hint 2: Push through your shoulders and keep your legs tight.

Challenge 1: Keep your hips up.

Challenge 2: Alternate legs as you kick.

Plank Opposition Lifts

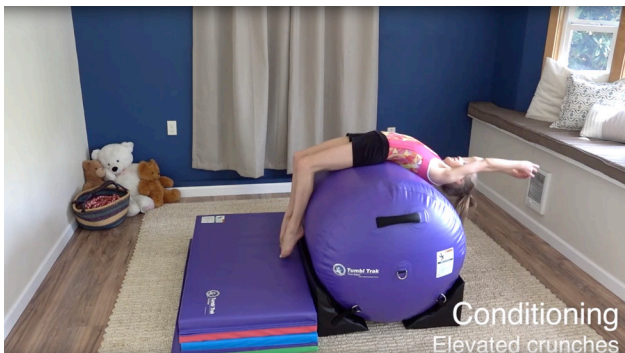


Helpful Hint 1: Starting in a plank with your feet on the Air Barrel.

Helpful Hint 2: Lift one arm and the opposite side leg up and alternate.

Challenge 1: Keep your hips and shoulders square as you lift.

Elevated Crunches



Helpful Hint 1: Start on your back on the Air Barrel with a panel mat in front of you, knees bent slightly.

Helpful Hint 2: With your arms by your ears, rise up to a crunch.



Challenge 1: Keep your head neutral and tummy tight.

Challenge 2: Hold at the top of crunch for 5-7 seconds.



Flexibility & Conditioning

Superman Lifts



Helpful Hint 1: Start on the Air Barrel with cradles underneath on your tummy.

Helpful Hint 2: With your hands by your ears, lift your chest and legs at the same time.

Challenge 1: Keep your legs straight and toes pointed.

Challenge 2: Hold at the top of lift for 5 seconds.

Side Superman Lifts



Helpful Hint 1: Start on the Air Barrel with cradles underneath on your side.

Helpful Hint 2: With one hand by your ears and one on the barrel, lift your chest and legs at the same time.

Challenge 1: Keep your shoulders and hips square.

Challenge 2: Do exercise on both sides.

Core Stability Twists



Helpful Hint 1: Start with the Air Barrel on cradles in a plank position with your feet on the barrel.

Helpful Hint 2: Lift one arm, and twist your body to the side squaring your hips and shoulders to the side.

Challenge 1: Alternate twists on each side.

Challenge 2: Hold side plank for 5-7 seconds.



Flexibility & Conditioning

Hamstring Pull



Helpful Hint 1: Starting with your back on the panel mat and feet on the Air Barrel.

Helpful Hint 2: Bend knees pulling the Air Barrel towards you.



Challenge 1: Keep your hips up and push down on the panel mat.

One Leg Hamstring Pull



Helpful Hint 1: Starting with your back on the panel mat, one foot on the Air Barrel, and the other lifted in the air.

Helpful Hint 2: Bend your bottom leg knee pulling the Air Barrel towards you.



Challenge 1: Keep your lifted leg straight and your hips up.

Challenge 2: Do exercise on both legs.

Split Strengthening



Helpful Hint 1: Starting with one knee on a stable couch and chair and the other foot on the Air Barrel.

Helpful Hint 2: Drop slowly into a split with your arms in a T.



Challenge 1: Do this exercise on both legs.

Challenge 2: Try pulling back to the start position.



Flexibility & Conditioning

Rolling Core Strengthening



Helpful Hint 1: Starting with your knees on a stable chair or couch and your hands on the Air Barrel.

Helpful Hint 2: Roll your hands out until you are flat, keep your tummy tight and hips tucked in.



Challenge 1: Hold position for 5-10 seconds and roll back up to the starting position.

Push-up Walkouts



Helpful Hint 1: Start in a L handstand with your feet on the Air Barrel.

Helpful Hint 2: Walk your hands out to a plank position and then back to an L handstand.



Challenge 1: Try a push-up after you walk out to plank.

Challenge 2: Keep your tummy tight and legs straight.

Heel Drives



Helpful Hint 1: Start on the Air Barrel on your belly with your hands placed on a stable chair or couch.

Helpful Hint 2: Kick both feet into the air as high as you can.

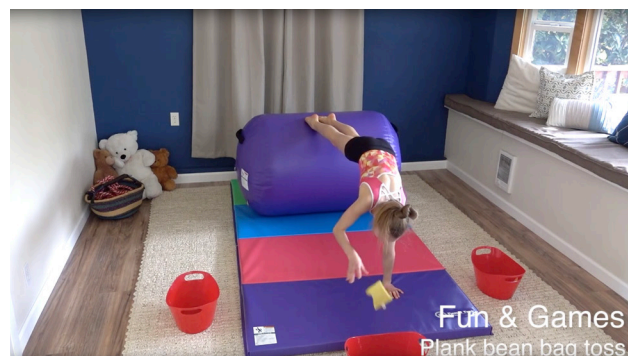
Challenge 1: Keep your legs straight and squeeze your hips.

Challenge 2: Do a 3 sets of 5-7 in a row.



Fun & Games

Plank Bean Bag Toss



Helpful Hint 1: Start in a plank position with your feet on the Air Barrel.
Helpful Hint 2: Place 3 buckets around you and 3 bean bags in front of you.

Challenge 1: Toss bean bags into each bucket while maintaining control and form.
Challenge 2: Move buckets a bit further after each successful attempt.

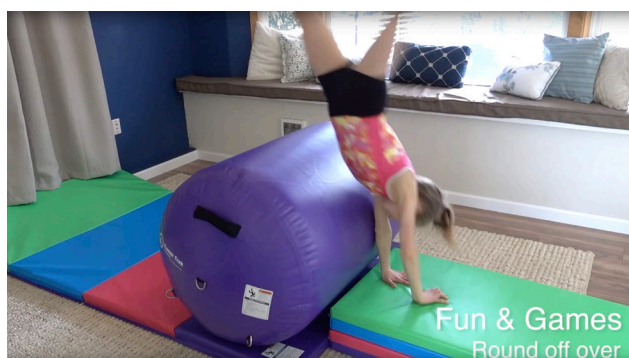
Teddy Bear Toss



Helpful Hint 1: Start lying on your back with your feet on the Air Barrel and hold a teddy bear.
Helpful Hint 2: Toss the teddy bear straight back and over your head as far as you can.

Challenge 1: Keep your hips up and tummy tight.
Challenge 2: Place a bucket behind you and try making the teddy bear into the bucket.

Round Off Over



Helpful Hint 1: Start standing on a panel mat placed in front of the Air Barrel.
Helpful Hint 2: Step into a round off with your hands placed in front of the barrel.

Challenge 1: Stick the landing!