



***Tumbl Trak***

*Train Smart*

# Homenastics Activity Guide

Junior Bar



# Strength & Conditioning

## Hanging Chin Holds I



Hanging  
Chin holds

**Helpful Hint 1:** Fingers face toward you.

**Helpful Hint 2:** Squeeze your elbows into your body.

**Challenge 1:** Try this in tuck, pike, or straddle holds.

**Challenge 2:** Hold this position for 5 seconds, or more! REST, and repeat 3-5 times.

## Hanging Holds - Eagle Grip



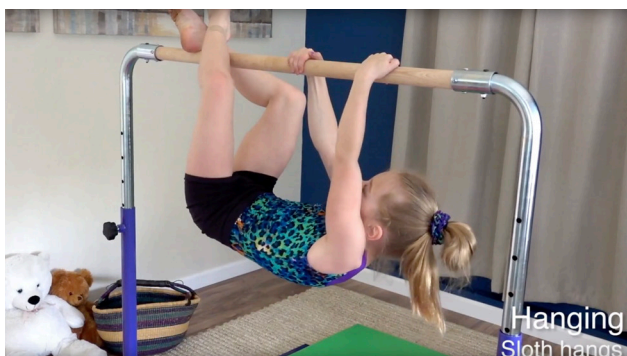
Hanging  
Switch your grip!

**Helpful Hint 1:** Stand up first and put your arms behind your hands face down then gently let yourself hang.

**Helpful Hint 2:** Relax your shoulders.

**Challenge 1:** Try balancing a teddy bear on your knees.

## Hanging Sloth Hangs



Hanging  
Sloth hangs

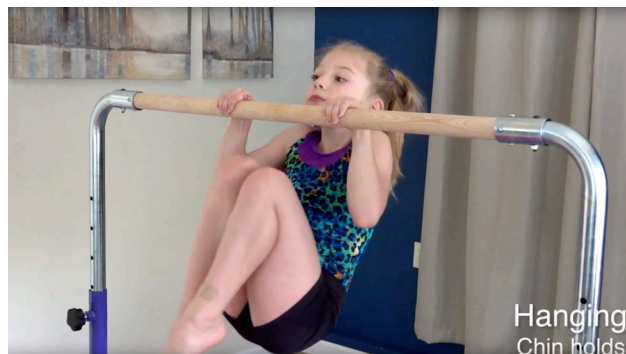
**Helpful Hint 1:** Hold bar sideways, hands on opposite side of bar.

**Helpful Hint 2:** Squeeze ankles together, crossed over bar.

**Challenge 1:** Try walking hands down the bar and back.

**Challenge 2:** Do a pull up with head on one side of the bar then pull up on the other side, alternate for 5 sets.

## Hanging Chin Holds II



Hanging  
Chin holds

**Helpful Hint 1:** Squeeze your tummy.

**Helpful Hint 2:** Keep your knees together.

**Challenge 1:** Try this in tuck, pike, or straddle holds.

**Challenge 2:** Hold this position for 5 seconds, or more! REST, and repeat 3-5 times.

## Hanging Modified Pull-up



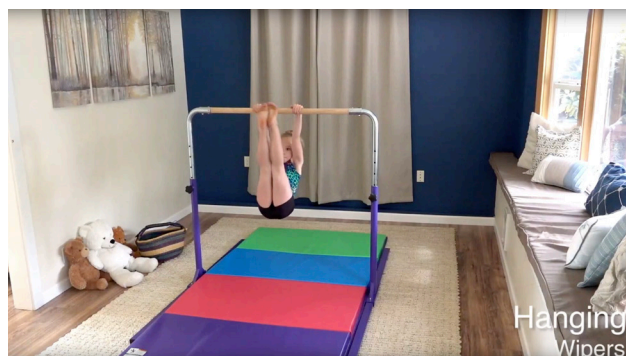
Hanging  
Modified pull-up

**Helpful Hint 1:** Squeeze your elbows into your body.

**Helpful Hint 2:** Drop down from pull up slowly and controlled.

**Challenge 1:** Try 3 leg lifts at the top of the pull up.

## Hanging Wipers



Hanging  
Wipers

**Helpful Hint 1:** Start with a piked leg lift and hold toes up.

**Helpful Hint 2:** Move toes from side to side, past your hands.

**Challenge 1:** Try holding on each side for 5 seconds.



# Strength & Conditioning

## Hanging Tuck



Hanging  
Tuck, Pike, Straddle

**Helpful Hint 1:** Squeeze your tummy.

**Helpful Hint 2:** Hold knees at 90 degree angle.

**Challenge 1:** Try not to swing back and forth.

**Challenge 2:** Practice switching grip.

## Hanging Pike



Hanging  
Tuck, Pike, Straddle

**Helpful Hint 1:** Point your toes and keep feet level to hips

**Helpful Hint 2:** Squeeze legs together.

**Challenge 1:** Hold hang for 10 seconds or more!

**Challenge 2:** Try a leg lift from this position.

## Hanging Straddle



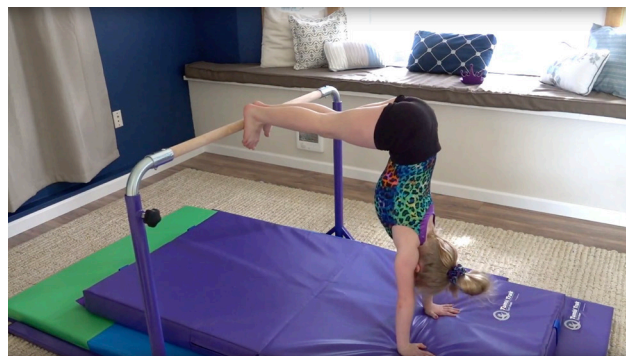
Hanging  
Tuck, Pike, Straddle

**Helpful Hint 1:** Tuck your hips under.

**Helpful Hint 2:** Keep feet level to hips.

**Challenge 1:** Try alternating between pike and straddle.

## Half Handstand



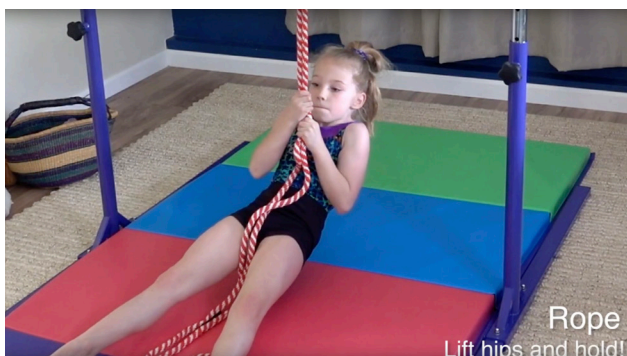
**Helpful Hint 1:** Kick into a handstand and place feet on bar.

**Helpful Hint 2:** Extend your shoulders and keep your head in.

**Challenge 1:** Try alternating shoulder taps.

**Challenge 2:** Try a pushup in this position.

## Rope Lifts I



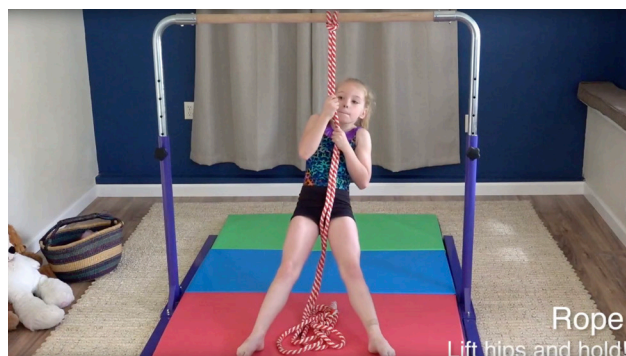
Rope  
Lift hips and hold!

**Helpful Hint 1:** Start by laying down and pull up on rope.

**Helpful Hint 2:** Keep your neck relaxed.

**Challenge 1:** Hold position for 5 seconds or more!

## Rope Lifts II



Rope  
Lift hips and hold!

**Helpful Hint 1:** Pull up on rope from a sitting position.

**Helpful Hint 2:** Keep hips lifted.

**Challenge 1:** Hold position for 5 seconds or more!





# Strength & Conditioning

## Modified Straddle Leg Lifts



Leg Lifts  
Modified straddle lifts

**Helpful Hint 1:** Squeeze your tummy and lift from your hips.

**Helpful Hint 2:** Place a pillow on the chair for softer landing.

**Challenge 1:** Hold toes to bar for 5 seconds.

## Modified Leg Lifts with Folding Incline



Leg Lifts  
Modified lifts for beginners!

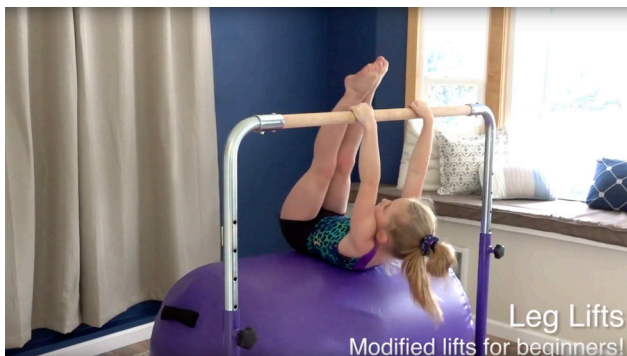
**Helpful Hint 1:** Place a wedge under bar for assistance.

**Helpful Hint 2:** Keep your head in as you lift your legs to bar.

**Challenge 1:** Try a candlestick hold, lower down slowly.

**Challenge 2:** Do a 3 wipers at the top of leg lift.

## Modified Leg Lifts with Air Barrel



Leg Lifts  
Modified lifts for beginners!

**Helpful Hint 1:** Place an air barrel underneath for assistance.

**Helpful Hint 2:** Leg lift with the middle of your back on barrel.

**Challenge 1:** Try lifting your toes up at the top of lift.

## Modified Leg Lifts Pike



Leg Lifts  
Modified lifts for beginners!

**Helpful Hint 1:** Place a mat underneath the bar.

**Helpful Hint 2:** Point your toes and keep your legs straight.

**Challenge 1:** Try scissor kick lifts.

## Modified Leg Lifts Straddle



Leg Lifts  
Modified lifts for beginners!

**Helpful Hint 1:** Place a wedge underneath the bar.

**Helpful Hint 2:** Keep your legs straight.

**Challenge 1:** Bring your legs together at the top of the leg lift and lift your hips into a candlestick hold.

## Modified Leg Lifts Scissor



Leg Lifts  
Modified lifts for beginners!

**Helpful Hint 1:** Place a wedge underneath the bar.

**Helpful Hint 2:** Keep your hips square.

**Challenge 1:** Try not to lift your bottom leg off the mat as the other leg lifts

**Challenge 2:** Lift one leg up, then lift the other leg. Lower both at the same time with control



# Strength & Conditioning

## Leg Lifts



Leg Lifts

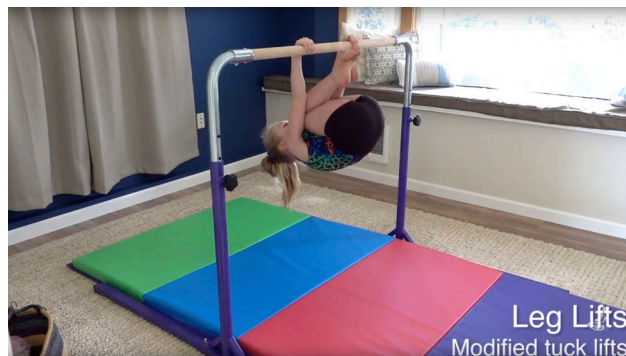
Keep legs tight!

**Helpful Hint 1:** Hang in a piked position with pointed toes.

**Helpful Hint 2:** Keep your knees straight as you lift.

**Challenge 1:** Do 4 wipers after each leg lift.

## Modified Tuck Leg Lifts



Leg Lifts

Modified tuck lifts

**Helpful Hint 1:** Hang in a tucked position with pointed toes.

**Helpful Hint 2:** Pull your knees up and through your arms.

**Challenge 1:** Come down to a pike hang and hold.

## Modified Scissor Kick Lifts



Leg Lifts

Scissor kick lifts

**Helpful Hint 1:** Alternate kicking legs, toes touching the bar.

**Helpful Hint 2:** Lower feet with control.

**Challenge 1:** Try holding up for 5 seconds on each leg.

**Challenge 2:** Try kicking quickly.





# Flexibility

## Shoulder Stretch I

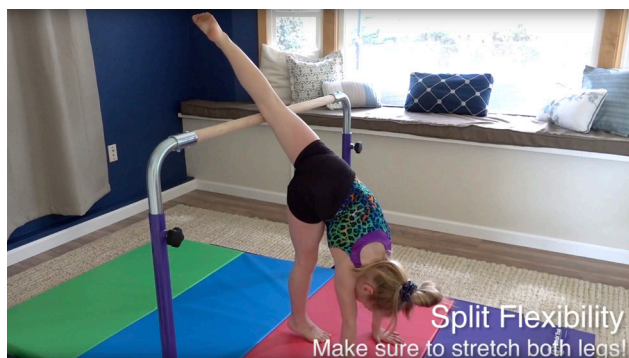


**Helpful Hint 1:** Raise or lower the height of the bar to vary the stretch.

**Helpful Hint 2:** Turn your head away from the bar for a maximum stretch

**Challenge 1:** Hold this stretch for 15-20 seconds on each side.

## Split Stretch I



**Helpful Hint 1:** Stand facing away from bar and do a toe touch to the ground. Kick your back leg resting it on the bar.

**Helpful Hint 2:** Keep your hips square

**Challenge 1:** Inch your bottom foot closer to the bar, try getting it directly underneath.

**Challenge 2:** Try lifting your leg off of the bar.

## Shoulder Stretch II



**Helpful Hint 1:** Stand so you are arm's length from the bar.

**Helpful Hint 2:** Push your chest down to the floor.

**Challenge 1:** Alternate arching and rounding your back.

**Challenge 2:** Bend your knees for a deeper stretch.

## Split Stretch II



**Helpful Hint 1:** Stand with one leg up, holding the bar with your toes to the bar. Pull your chest and head down.

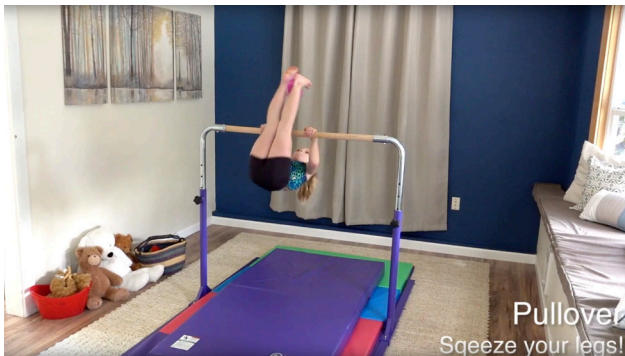
**Helpful Hint 2:** Square your hips and shoulders to bar.

**Challenge 1:** Try lifting your foot from the bar.



# Skills & Drills

## Pullover



**Helpful Hint 1:** Pull your toes over the bar.

**Helpful Hint 2:** Shift your wrists as you pull over.



**Challenge 1:** Place a shower pouf in between your ankles and don't drop it.

**Challenge 2:** Squeeze your legs.

## Pullover with Air Barrel



**Helpful Hint 1:** Place an Air Barrel under bar.

**Helpful Hint 2:** Step onto Air Barrel and kick up into a pullover while squeezing your legs and pointing your toes.



**Challenge 1:** Keep your hips close to the bar.

## Pullover from Sitting



**Helpful Hint 1:** Place another mat under the bar and start from sitting position.

**Helpful Hint 2:** Place another mat under the bar and start from sitting position.



**Challenge 1:** Lift with your abs.

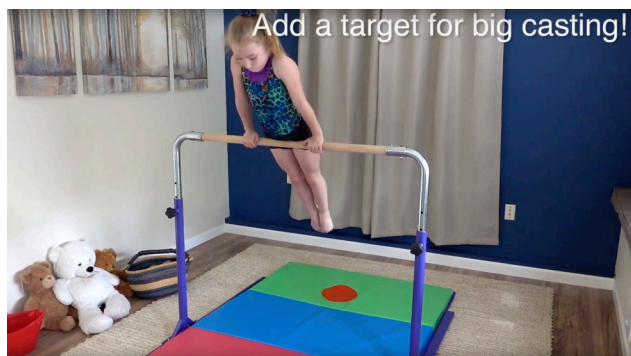
**Challenge 2:** Keep your legs straight.





# Skills & Drills

## Cast with Target



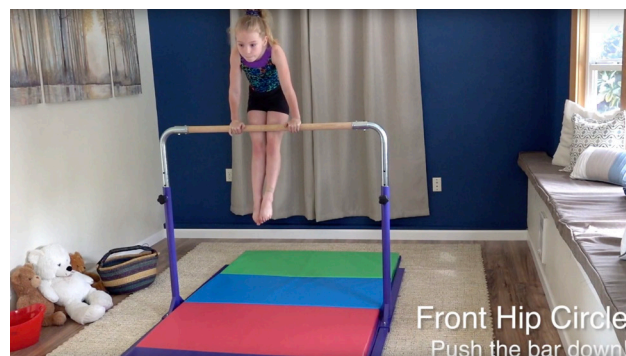
**Helpful Hint 1:** Place a flat target behind the bar.

**Helpful Hint 2:** Cast and push off the bar aiming at the target.

**Challenge 1:** Cast with straight arms.

**Challenge 2:** Place target further back.

## Front Hip Circle Shoulder Shrugs



**Helpful Hint 1:** Push through your shoulders down on the bar.

**Helpful Hint 2:** Squeeze your legs and point your toes.

**Challenge 1:** Hold position at the top for 3 seconds.

## Front Hip Circle Wrist Shifts



**Helpful Hint 1:** Lean forward with straight arms.

**Helpful Hint 2:** Shift your wrists.

**Challenge 1:** Keep your feet on the mat.

## Front Hip Circle Wrist Shifts Lower Bar



**Helpful Hint 1:** Lower your body slowly and with control.

**Helpful Hint 2:** As you lift back up, shift your wrists to the top of the bar and press the bar down.

**Challenge 1:** Do this activity 5 times in a row, with good control.

**Challenge 2:** Keep your legs together and straight!

## Front Hip Circle Woodpecker Drill



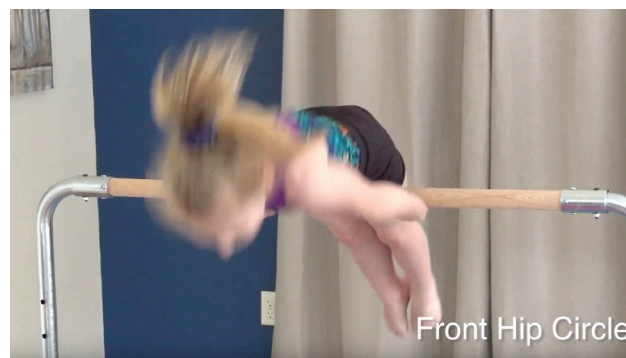
**Helpful Hint 1:** Lean forward with your chest up.

**Helpful Hint 2:** Place hands on mat as your feet travel upwards.

**Challenge 1:** Go to a full handstand.

**Challenge 2:** Extend your shoulders and hips.

## Front Hip Circle



**Helpful Hint 1:** Push up through your shoulders and lean forward.

**Helpful Hint 2:** Shift your wrists.

**Challenge 1:** Keep your arms straight.

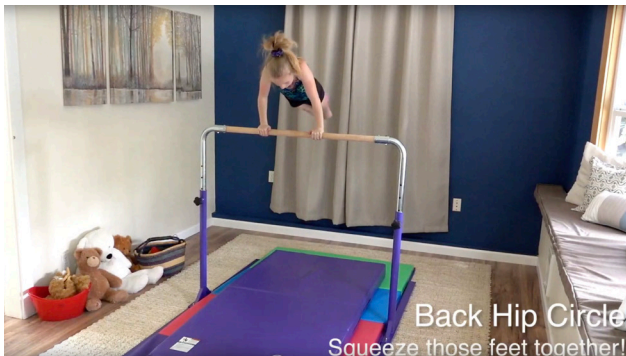
**Challenge 2:** Cast out of the front hip circle.





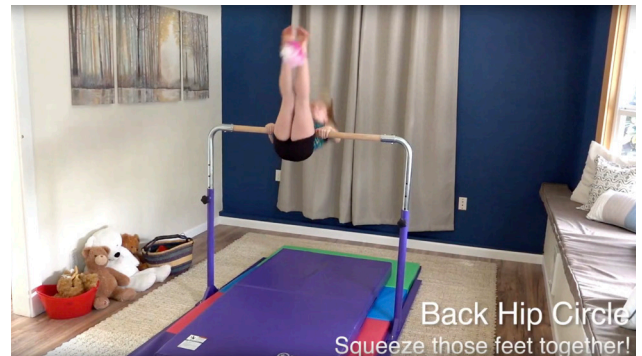
# Skills & Drills

## Back Hip Circle



**Helpful Hint 1:** Cast and bring your hips back to the bar pulling your toes over.

**Helpful Hint 2:** Shift your wrists and push through your shoulders down on the bar.



**Challenge 1:** Place a shower pouf in between your ankles and don't let it fall.

## Mill Circle



**Helpful Hint 1:** Cast and shoot your leg through your arms.

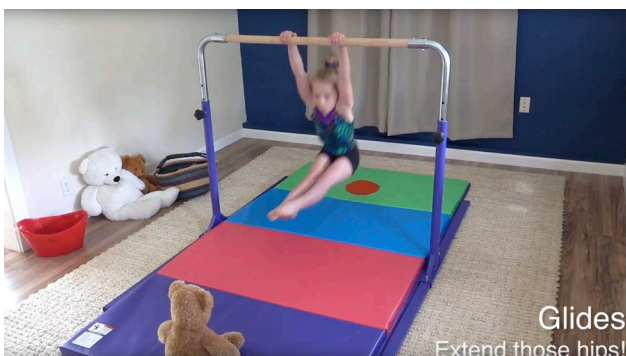
**Helpful Hint 2:** Shift your grip and push up through your shoulders as you lean forward.



**Challenge 1:** Shift your wrists as you come around the top.

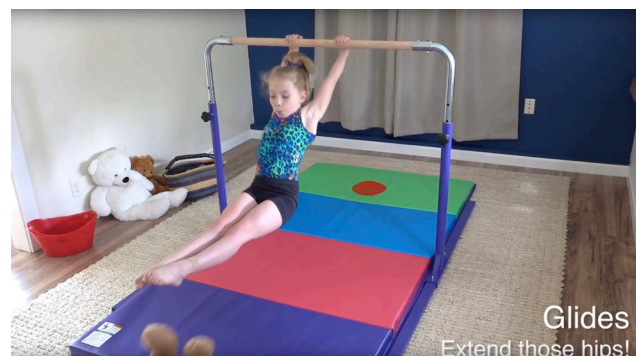
**Challenge 2:** Keep your legs straight!

## Glides



**Helpful Hint 1:** Squeeze your legs and keep your tummy tight.

**Helpful Hint 2:** Extend your hips at the end of the glide.

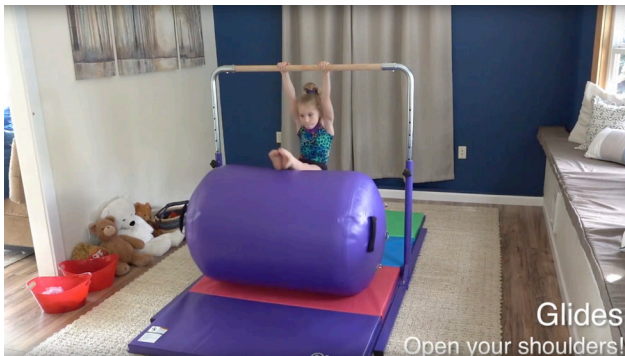


**Challenge 1:** Place a teddy bear at the end of the mat and knock it back at the end of your glide.



# Skills & Drills

## Glide Drill with Air Barrel



**Helpful Hint 1:** Start from a piked hang with your feet on the Air Barrel.

**Helpful Hint 2:** Push your feet out extending your hips.



**Challenge 1:** Repeat activity 5 times in a row.

**Challenge 2:** Point your toes and keep your shoulders open.

## Kip Bounce Back Drill



**Helpful Hint 1:** Start up on the bar with the Air Barrel underneath.

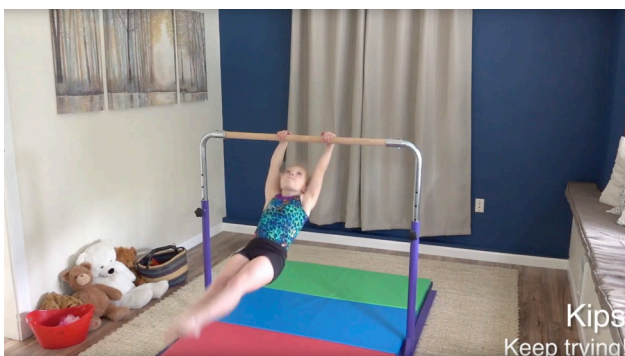
**Helpful Hint 2:** Push back from bar and bounce onto Air Barrel.



**Challenge 1:** Keep your arms and legs straight as you return to bar.

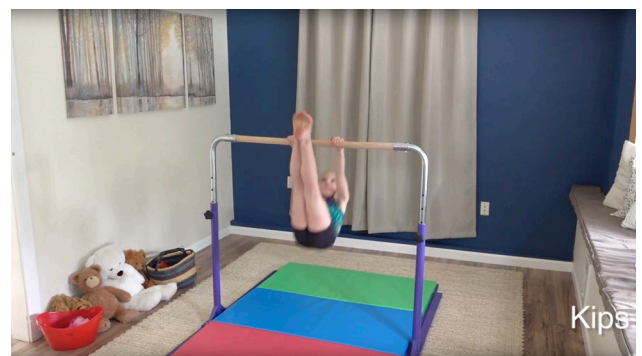
**Challenge 2:** Repeat activity 3 times in a row.

## Kips



**Helpful Hint 1:** Jump and glide extending your hips and shoulders.

**Helpful Hint 2:** Squeeze your abs as you bring your toes back to the bar.



**Challenge 1:** Shift your wrists on the way up.

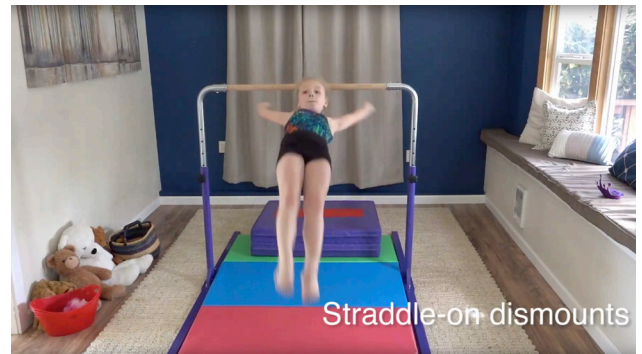
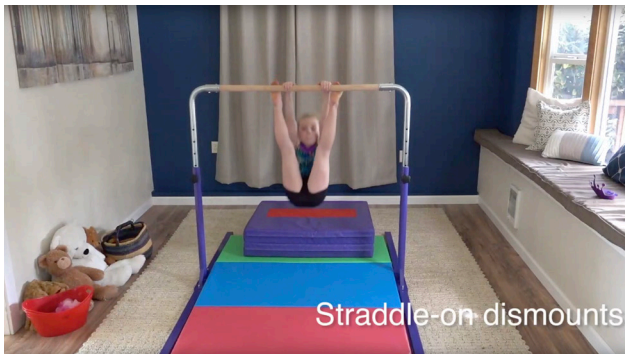
**Challenge 2:** Keep your arms straight.





# Skills & Drills

## Straddle on Dismount



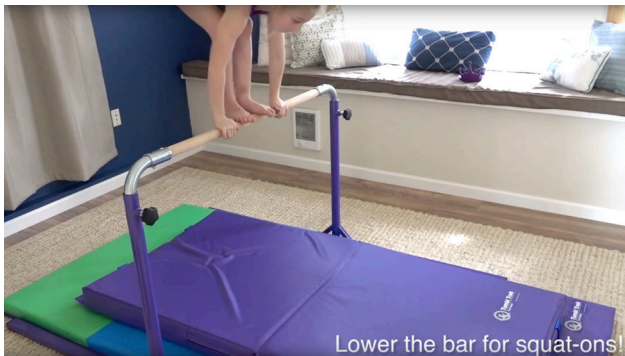
**Helpful Hint 1:** Cast up placing your feet on either side of your hands.

**Helpful Hint 2:** Shoot your toes up as high as you can.

**Challenge 1:** Keep your legs straight.

**Challenge 2:** Keep your feet together and stick the landing!

## Squat Ons



**Helpful Hint 1:** Cast up placing your feet on the bar between your hands.

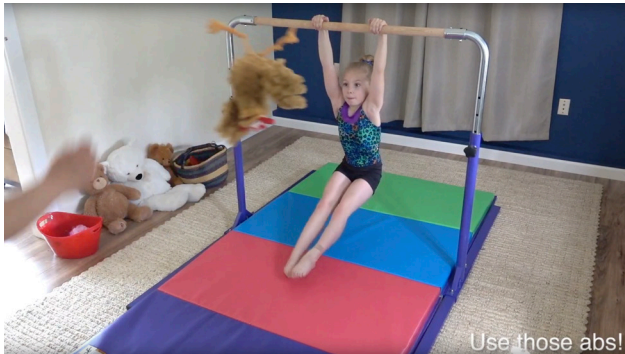
**Helpful Hint 2:** Lower the bar and place a mat underneath the bar.

**Challenge 1:** Jump off the bar and stick the landing!



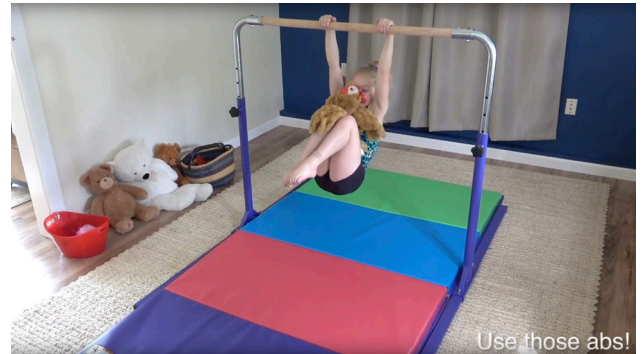
# Fun & Games

## Teddy Bear Toss



**Helpful Hint 1:** Start in a piked hang and have someone toss a teddy bear at you.

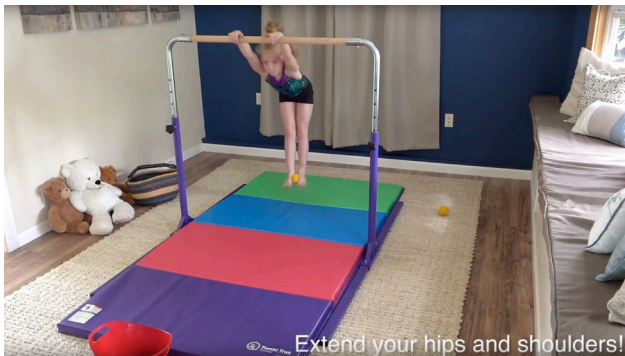
**Helpful Hint 2:** Bend your knees in towards your body to catch the teddy bear.



**Challenge 1:** Squeeze your abs and point your toes.

**Challenge 2:** Try lowering your knees to a 90 degree angle without dropping the teddy bear.

## Glide Bucket Toss



**Helpful Hint 1:** Place a bucket at the end of the mat and place a ball between your feet.

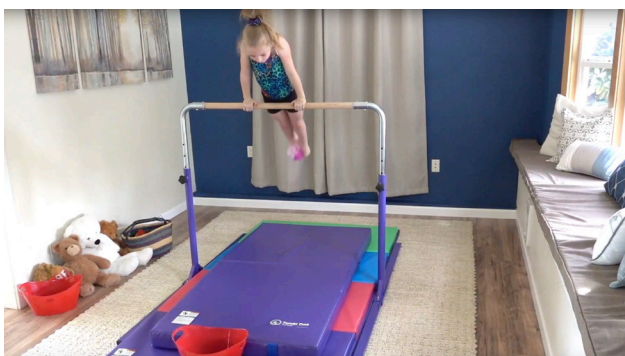
**Helpful Hint 2:** Jump into a glide and release ball at the end of glide so it goes into the bucket.



**Challenge 1:** Keep your toes pointed and your legs straight.

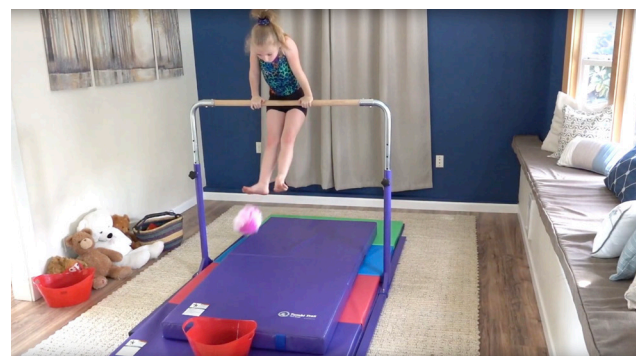
**Challenge 2:** Place bucket further out.

## Cast Bucket Toss



**Helpful Hint 1:** Set a bucket at the end of the mat and place a shower pouf in between your ankles.

**Helpful Hint 2:** Cast as high as you can and release pouf as you come down aiming for the bucket.



**Challenge 1:** Keep your toes pointed as you release.

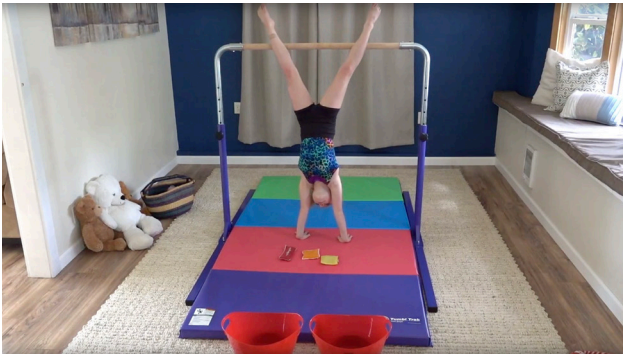
**Challenge 2:** Place bucket further out.





# Fun & Games

## Handstand Bean Bag Toss



**Helpful Hint 1:** Place 3 bean bags slightly in front of the bar and two buckets on the other side of the mat.  
**Helpful Hint 2:** Kick into a handstand balancing on the bar with legs parted into a V shape. Grab a bean bag and toss into bucket.

**Challenge 1:** Try making all three bean bags into one bucket.  
**Challenge 2:** Push buckets back further for a more difficult target.

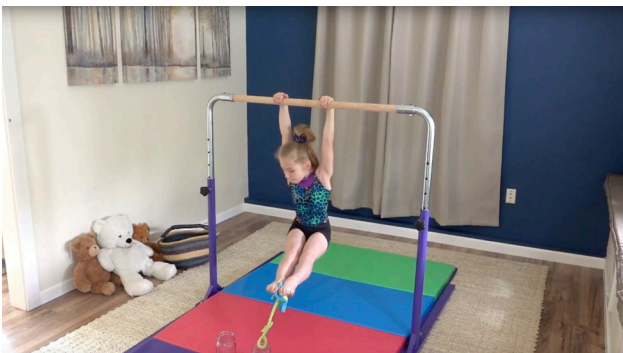
## Shower Pouf Leg Lift



**Helpful Hint 1:** Start in a piked hang. Have someone place a shower pouf in between your ankles.  
**Helpful Hint 2:** Do a leg lift without dropping the pouf.

**Challenge 1:** Do 3 leg lifts in a row.  
**Challenge 2:** Hold leg lift at the top for 5 seconds, then lower slowly with control.

## Flower Dip



**Helpful Hint 1:** Start in a piked hang and hold a flower in between your feet.  
**Helpful Hint 2:** Place two jars past your feet and try to drop flower into the jar.  
**Challenge 1:** Try picking flower back up from jar with your feet.  
**Challenge 2:** Place jars further apart.

## Teddy Bear Wipers



**Helpful Hint 1:** Start in a piked hang and place a teddy bear in front of you.  
**Helpful Hint 2:** Lift legs side to side up and over bear, tap toes lightly to the floor on either side of bear.  
**Challenge 1:** Try lifting into a leg lift as you pass through the wiper.  
**Challenge 2:** Try switching to a different grip.