

The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

Consider Tumbling in your Workout/Warm Ups

Amanda's Exercise Tip June 23, 2009

I cannot take claim for this warm up. When I attended the Wake Forest Strength Clinic this past weekend, Coach Reeve shared this with us. Coach Reeve is the Head Strength Coach at WF and comes from a wrestling back ground. The reason he uses tumbling with the majority of his athletes is not only for functional movement reasoning but also to train balance, build a tolerance to dizziness and a sense of awareness during dramatic body position changes.

This circuit should only take about 3 minutes.

1. 3 forward rolls
2. 3 backward rolls
3. 3 diving forward rolls
4. 3 cartwheels
5. Forward roll, cartwheel, forward roll
6. 3 backward roll to extension (kick feet up as high as possible)
7. Forward roll to crab crawl
8. Forward roll to bear crawl

This web page explains in further detail reasoning and also gives a longer list of tumbling style activities that can be used during your workouts. Click on the link to watch the video as well.

<http://www.cathletics.com/articles/index.php?show=shorty&shortyID=38>