

TRAINING

Conditioning for Tumbling Power

The strength work behind explosive tumbling — what to train and why.

Powerful tumbling comes from the ground up. The athletes with the biggest passes usually have the strongest, most explosive lower bodies and cores.

Build the base

Legs and glutes drive your set and block. Squats, jumps, and controlled plyometrics build the explosiveness tumbling requires.

Core is your connector

A strong core transfers power and keeps your body tight in the air. Hollow holds and anti-rotation work pay off in cleaner skills.

Recover on purpose

Power is built during recovery, not just training. Sleep, rest days, and good nutrition are part of the program.
