

Gymnastics Progression: Cartwheel Tips



A cartwheel can be a hard task to do the first time you try. Follow these tips to learn how to do the perfect cartwheel!

1. Everything should be in a straight line. Put down some tape or something straight if you need to follow something.
2. Do a little running/hop approach for more momentum.
3. Keep your abdominal muscles tight. These core muscles give your entire body support and keep the cartwheel strong and straight.
4. Always keep your arms above your head and by your ears. They should hardly move at all through the trick.
5. When your arms are on the ground and your second leg is about to come up, make sure to keep that leg straight. With your arms, you can push up a bit so your legs can go over without you falling.
6. Point your toes the whole time.
7. Lift your pointed toe off the floor and step forward slightly as you begin the move, for even more power. This same leg will have to bend slightly as you lean down.
8. Keep your legs straight and high as they come off the floor! This is what makes a good cartwheel look good.
9. **Practice, practice, practice!**