

GYMNASTICS GUIDE

Gymnastics Beginner Starter Kit

A practical guide for beginners and parents
with a simple roadmap for getting started.

Inside this guide

- Beginner skill roadmap
- Weekly practice planner
- Flexibility & strength checklists
- Warm-up & safety guide
- Home practice checklist
- Progress tracker

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Welcome to Your Gymnastics Journey

Starting gymnastics can feel overwhelming. There are skills to learn, strength and flexibility to develop, and plenty of terminology to understand. The good news is that you do not need to master everything at once.

Use this starter kit as a simple roadmap. Focus on building a strong foundation, practice consistently, and progress at a pace that is appropriate for you or your child.

Important: This guide is educational and is not a substitute for instruction from a qualified gymnastics coach or medical professional. Children should practice age-appropriate skills under appropriate supervision, and difficult skills should be learned with qualified coaching and suitable equipment.

1. Beginner Skill Roadmap

The order can vary by athlete, age, program, and coach. The goal is not to rush through a list, but to build control and confidence before progressing.

Stage	Focus	Examples
1. Foundation	Body control & positions	Straight body, tuck, hollow, arch, safe landing
2. Movement	Basic locomotion	Bear walk, jumps, rolls, balance
3. Flexibility	Mobility & range	Pike, straddle, bridge preparation
4. Strength	Control & support	Core, legs, shoulders, pushing/pulling
5. Basic skills	Beginner gymnastics	Cartwheel, handstand preparation, forward roll
6. Progressions	Coach-led development	Handstand, bridge, walkovers and other progressions

2. Simple Weekly Practice Planner

Use this as a planning template. A coach should determine appropriate training frequency and intensity for a child's age and level.

Day	Focus	Done
Monday	Warm-up + basic positions + strength	☐
Tuesday	Rest / light mobility	☐
Wednesday	Warm-up + flexibility + beginner skills	☐
Thursday	Rest / light mobility	☐
Friday	Warm-up + strength + skill practice	☐
Saturday	Gym class / coached practice / optional light activity	☐

Day	Focus	Done
Sunday	Rest + recovery	☐

My weekly goal: _____ Week of: _____

3. Beginner Warm-Up Guide

Warm-up element	Purpose
Easy movement	Gradually raise body temperature
Joint mobility	Prepare ankles, knees, hips, shoulders and wrists
Dynamic movements	Prepare the body for movement
Skill preparation	Practice simple positions and landing mechanics

Avoid using cold, aggressive stretching as your warm-up. Dynamic preparation is generally more appropriate before activity, while longer flexibility work can be placed after a proper warm-up or within a coached session.

4. Flexibility Checklist

- ☐ Pike position / hamstring flexibility
- ☐ Straddle position / hip mobility
- ☐ Shoulder mobility
- ☐ Ankle mobility
- ☐ Bridge preparation with appropriate coaching
- ☐ Front split progression with appropriate coaching

Track progress gradually. Flexibility should be developed with control and without forcing painful positions.

5. Beginner Strength Checklist

- ☐ Bodyweight squat
- ☐ Lunge or split-stance strength
- ☐ Calf raises
- ☐ Hollow-body hold progression
- ☐ Arch-body hold progression
- ☐ Plank variation
- ☐ Push-up progression
- ☐ Shoulder stability / support work

6. Gymnastics Safety Rules

- ☐ Warm up before practicing skills.

- ☐ Use appropriate mats and equipment.
- ☐ Learn difficult skills with qualified coaching.
- ☐ Do not practice flips or advanced skills unsupervised.
- ☐ Stop if you experience significant pain, dizziness, or unusual symptoms.
- ☐ Keep the training area clear of obstacles.
- ☐ Use equipment according to its intended purpose and manufacturer guidance.
- ☐ Progress when the athlete demonstrates adequate control—not simply because a certain amount of time has passed.

7. Home Practice Checklist

- ☐ Clear training area
- ☐ Appropriate mat or safe surface
- ☐ Water available
- ☐ Hair / clothing secured
- ☐ No distractions or obstacles nearby
- ☐ Adult supervision when appropriate
- ☐ Only skills appropriate for the athlete's current level

8. Gymnastics Progress Tracker

Choose a few realistic goals at a time. Record practice rather than comparing your progress with another gymnast.

Skill / Goal	Starting Point	Current	Next Step

9. Parent Checklist

- ☐ Ask the gym about coach qualifications and supervision.

- ☐ Ask how skills are progressed safely.
- ☐ Understand the class level and goals.
- ☐ Make sure your child enjoys the activity.
- ☐ Avoid comparing your child with other gymnasts.
- ☐ Celebrate effort, consistency, and improvement.
- ☐ Communicate injuries or health concerns with the appropriate professionals and coaches.

10. Your Next Step

The best way to improve is to build a foundation and practice consistently. Do not feel pressure to rush into advanced skills. Good gymnastics development is a process.

Want more gymnastics guidance?

Visit gymnasticsguide.us for beginner guides, gymnastics skills, training resources, equipment recommendations, and advice for parents.

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