



CHECKLIST

Your first cartwheel checklist

- ☐ Mark a straight line on the floor with tape or use a floorboard seam.
- ☐ Stand sideways to the line and check you can reach forward comfortably.
- ☐ Place your first hand on the line, fingers spread and shoulder over wrist.
- ☐ Kick your lead leg upward as your weight shifts fully onto that hand.
- ☐ Plant your second hand shoulder-width from the first, still on the line.
- ☐ Let both legs pass through a split in the air, then land your lead foot first.
- ☐ Push off both palms to bring your torso upright.
- ☐ Finish standing with your chest facing the opposite direction.