CHECKLIST

Your first steps into acrobatic gymnastics

- [ ] Hold a wall handstand for ten seconds each day to build shoulder stability
- [ ] Practise hollow holds on the floor for three sets
- [ ] Work on your splits and bridge to prepare for deep lines in balance moves
- [ ] Find a local club that offers acrobatic gymnastics classes
- [ ] Ask to observe a session before you commit
- [ ] Try both base and top roles in your first few sessions to discover which suits you
- [ ] Warm up with joint rotations and dynamic stretches before every session
- [ ] Drill grips and lifts with a coach nearby until timing feels consistent