

How to Correctly Execute a Cartwheel

One of the biggest milestones in a beginner gymnast's career is a cartwheel. During the ages of 4 and 5 years each class will spend time on practicing lunges and cartwheels over mats and on the floor. Once your child has the strength to hold their own body weight on their arms then they will be physically able to begin learning a cartwheel. Here is a description of how to correctly execute a cartwheel.



1. Cartwheel Lunge



2. The X Position

3. The Opposite Lunge – finishing position



A Few Pointers:

1. Arms should always start up by ears.
2. Hips start and end square with legs in lunge.
3. One leg at a time comes down from X position to finish in lunge.

