[7 Lame Excuses That Great Tumblers Never Make](http://tumblingcoach.com/blog/lame-excuses-tumbling/)

1. I’m too sore to train
2. I don’t have time
3. I can’t tumble in shoes
4. I’m too tired to condition
5. I’m too old to learn that now
6. I need a spot
7. My body is too tall/short/skinny/fat

**No More Excuses**

**LEVEL 1**

Forward Roll

Handstand

Cartwheel

Round Off

Back Walkover

Front Walkover

Double Back Walkover

Double Front Walkover

Backward Roll

RO BWO

Specialty

LEVEL 2

Back Handspring

BWO BHS

BHS Pause BHS

Front Handspring

T-Jump BHS

BHS BWO BHS

FWO ROBHS

LEVEL 3

TT BHS

BHS Series

Punch Front

ROBHS Tuck

Aerial

FWO ROBHS Tuck

3 Jumps to BHS Series

LEVEL 4

Back Tuck

BHS Tuck

Front Thru to Tuck/Layout

ROBHS Layout

BHS Series to Tuck/Layout

3 Jumps to BHS Tuck/Layout

Whips Thru to Tuck/Layout