



Gym Guide

Powered by Kleuren Turnen 

Beam

Balance, Basics & Fun

Creating a foundation & building skills



The roll of the coach:

Organizing the process of learning in an efficient, safe and fun manner.

Efficient:
Implicit learning



Safe:
Low, wider beams & soft situations examples



Fun:
Games & variations



1. Physical foundation

3. Technical foundation

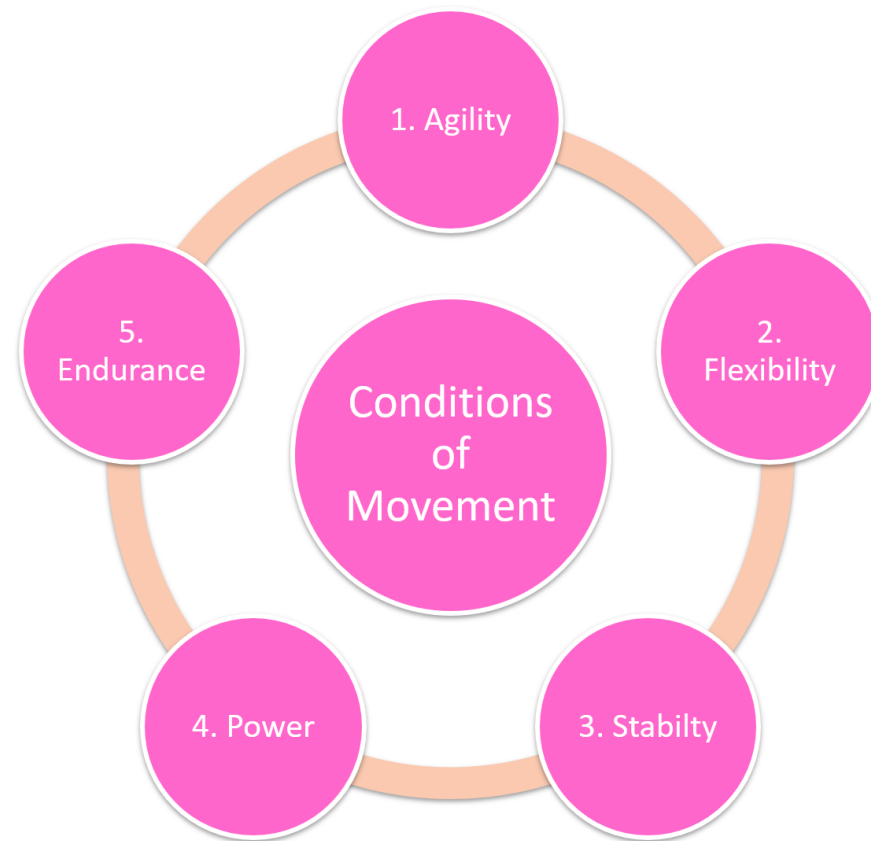
Beam
program

2. Shapes & lines

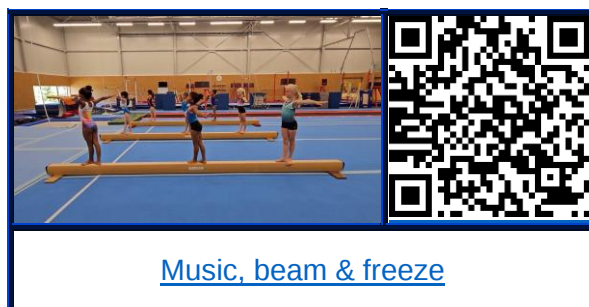
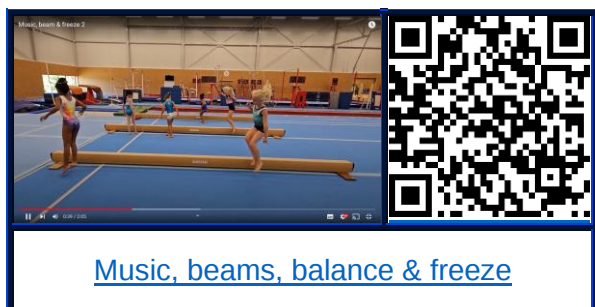
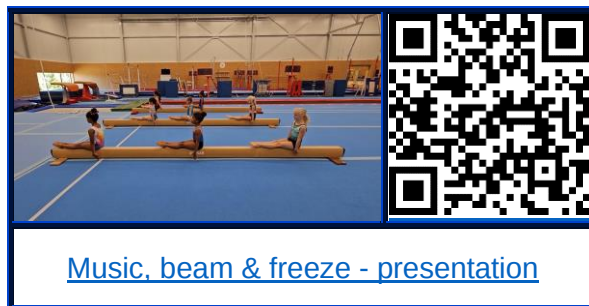
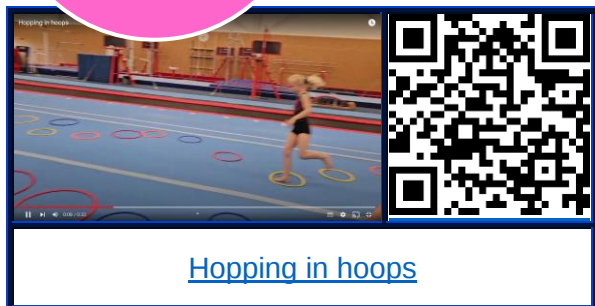
4. Confidence & presentation



1. Physical foundation



1. Agility





2. Flexibility



[Bridge with open shoulders & block](#)



[Bridge - Squeezing it into a hoop implicit learning](#)



[Split – Bending and straightening](#)



[Tick tock shape - With open shoulders](#)



[Hamstrings - Back against a wall implicit learning](#)



[Hamstrings](#)

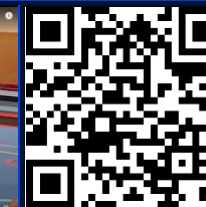
3. Stability



[Aquatrainer & Beam implicit learning](#)



[Balance, stability & high heels](#)



[Hopping in hoops](#)



[Aquatrainer & Arabesque implicit learning](#)



[Hopping in hoops & stability](#)



[Aquatrainer & arabesque split leaps implicit learning](#)



[Music, Beam & Freeze - presentation](#)



[Music, Beam & Freeze](#)



[Music, beam & freeze](#)

4. Power



[Core](#)



[Hopping in hoops](#)



[Core](#)



[Legs](#)



[Candle - core](#)



[Core](#)



5. Endurance



[Fun Challenges - Ninja warrior parkours](#)



[Fun stability challenge](#)



[Hopping in hoops](#)



[Fun Game - Playing tag](#)



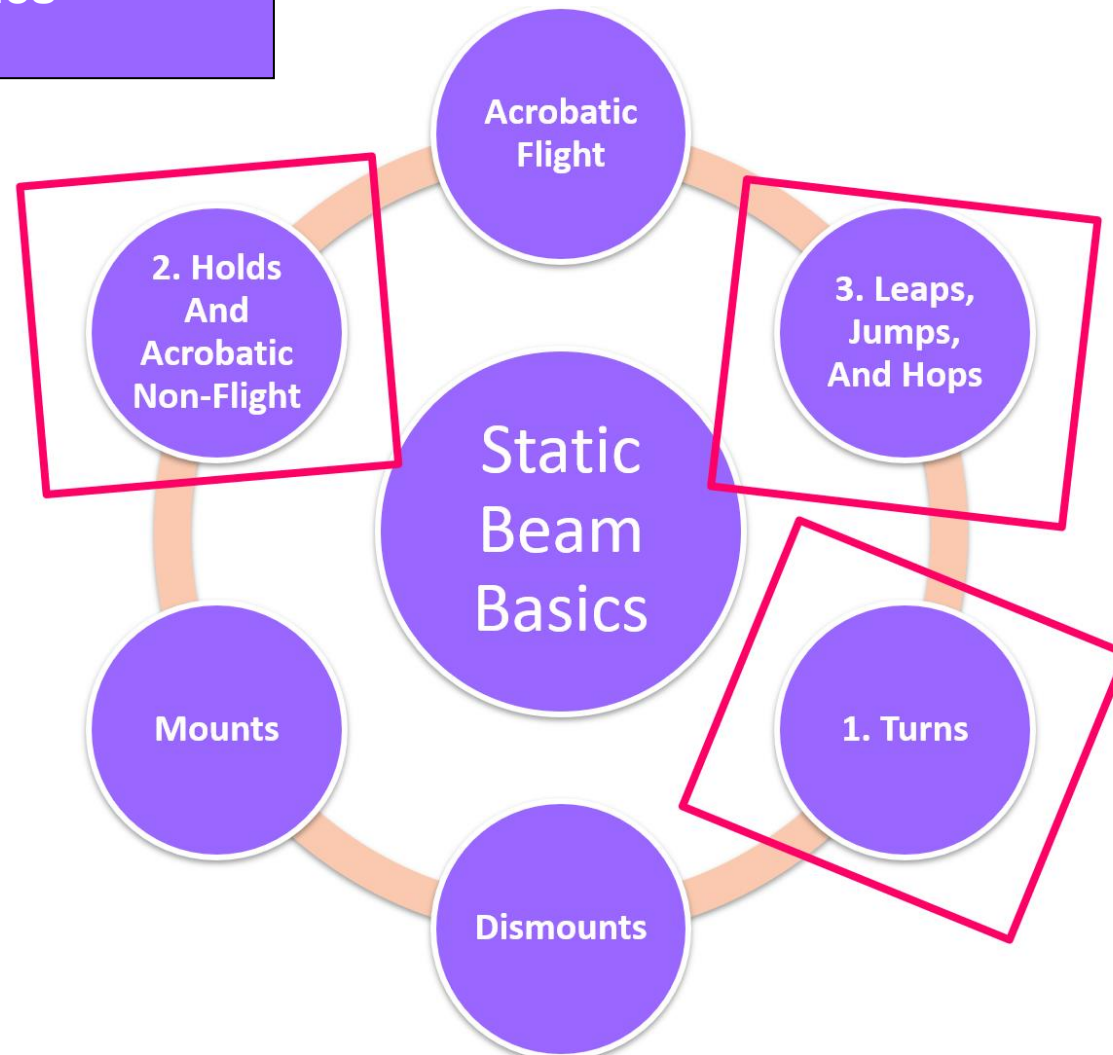
[Fun Warm up - Endurance & stability parkours](#)



[Instable burpees](#)



2. Shapes & lines



0. Basics



[Basic position - Beam - Standing up straight](#)



[Balance, stability & high heels](#)



[Balance, stability & high heels](#)



[Aquatrainer & Beam implicit learning](#)

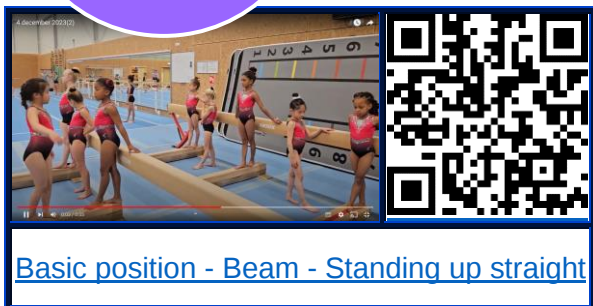


[Passé](#)

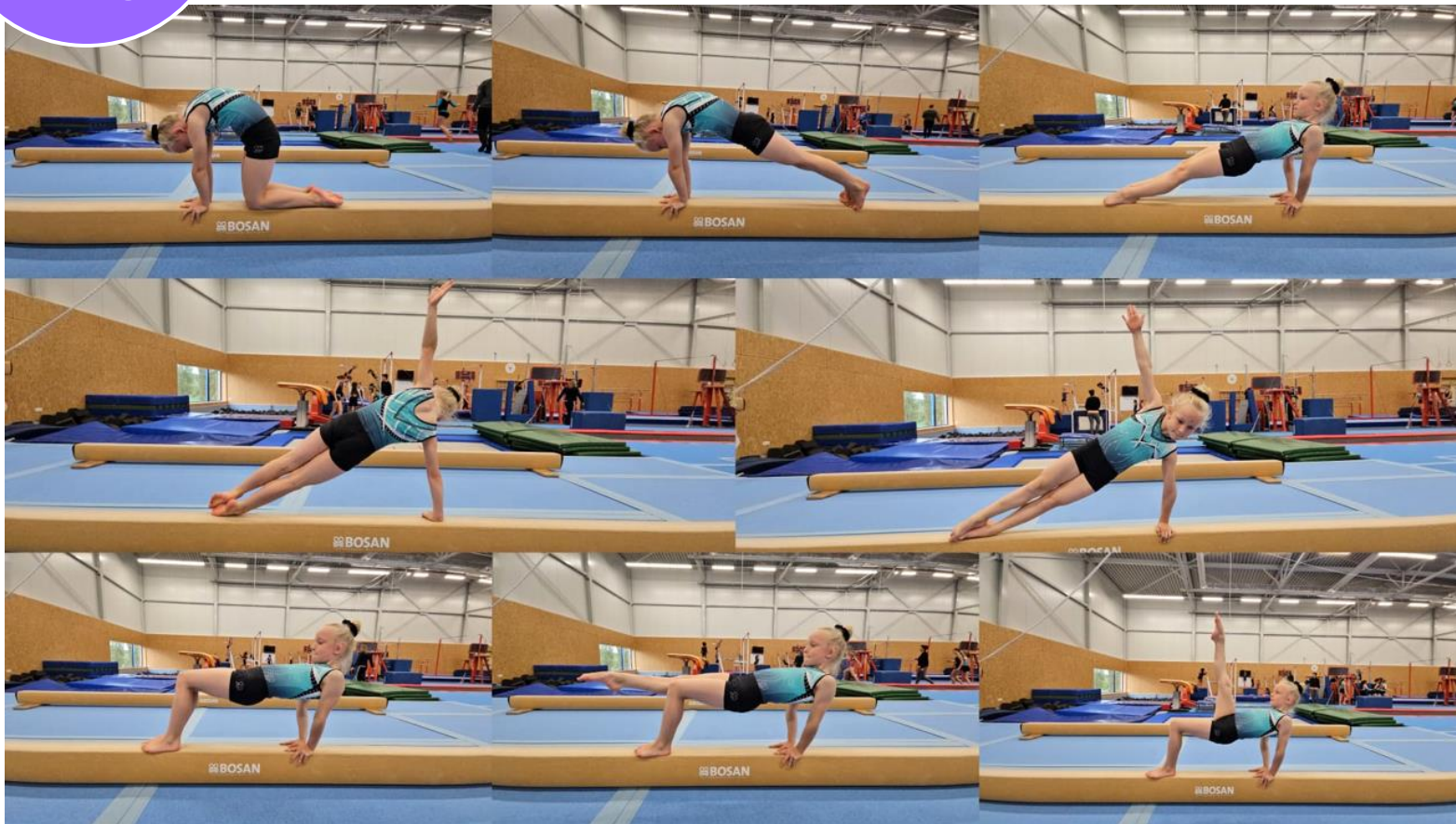


[Beginning position](#)

1. Turns



2. Holds and acrobatic non-flight





[Planking](#)



[Planking 1 parallelte](#)



[Line on belly](#)



[Planking sideways](#)



[Square handstand](#)



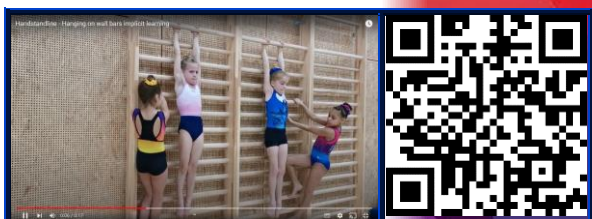
[Planking 1 parallelte](#)



[Square handstand](#)



[Line on back](#)



[Handstandline - Hanging on wall bars](#)
[implicit learning](#)

3. Leaps, jumps & hops



[Aquatrainner & Arabesque implicit learning](#)



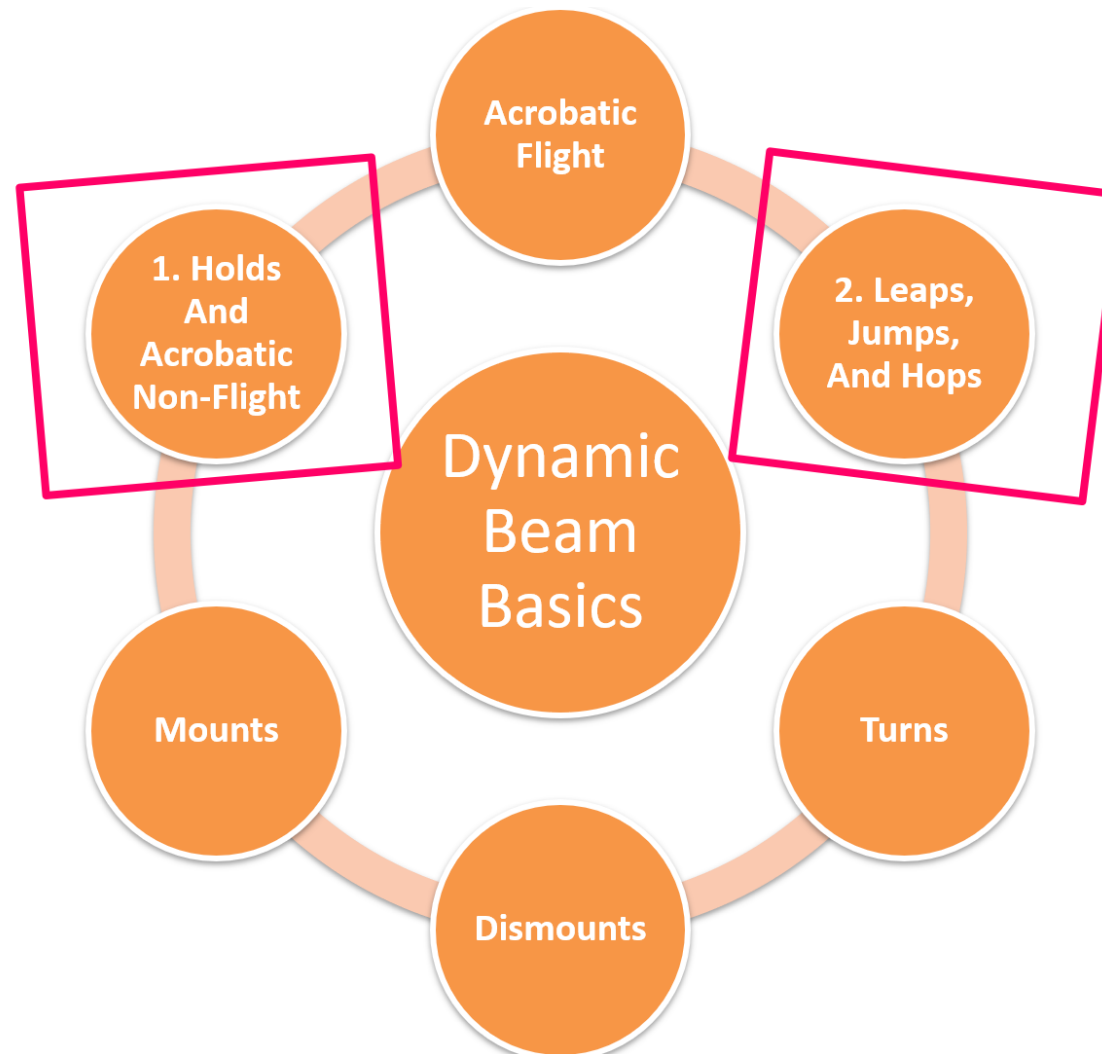
[Aquatrainner & arabesque split leaps implicit learning](#)



[Split jump preps Jumping over foam block](#)



3. Technical foundation



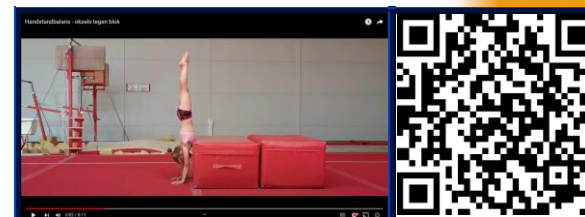
1. Holds and acrobatic non-flight Handstand



[Handstandline & resistance band](#)



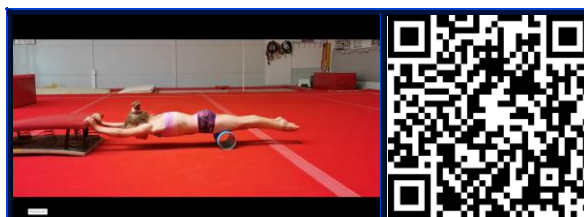
[Handstand & aquatrainer](#)



[Balance & block](#)



[Shoulders open](#)



[Core, shoulders & line](#)



[Shape & shoulders](#)



[Candle](#)



[Flexed feet - line](#)



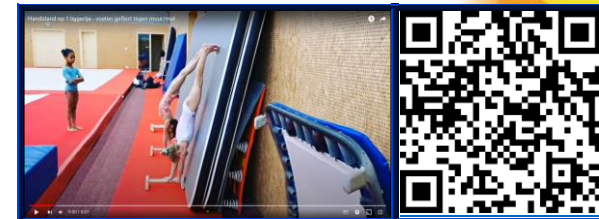
[Handstand with heels against a wall Implicit learning](#)



[Handstand 1 parrallette - balance](#)



[Wall, beam & handstand](#)



[Wall, handstand & 1 parrallette](#)



[Planking 1 parrallette](#)



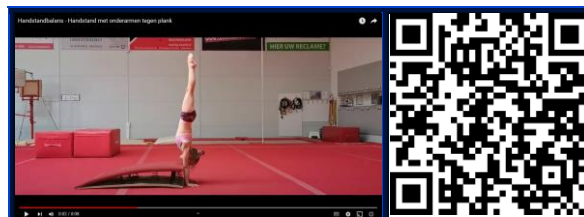
[Piked handstand](#)



[Balance & block](#)



[Handstand & resistance band](#)



[Handstand against lower arms](#)



[Balance & lines](#)



[Piked handstand - Hands in front of each other](#)



[Handstandline implicit learning](#)



[Line](#)

1. Holds and acrobatic non-flight Cartwheel





[Cartwheel shapes on floor](#)




[Cartwheel shape & 2 parallelles](#)




[Cartwheel shape in handstand position](#)




[Cartwheel - With belly passing a block](#)
[Implicit learning](#)




[Cartwheel & hands on parallelte implicit](#)
[learning](#)




[Cartwheel with hands on wider beam &](#)
[passing a block implicit learning](#)



1. Holds and acrobat non-flight

Back & front walkover



[Split handstand & Tick tock \(Open shoulders\)](#)



[Bridge on beam](#)



[Beginning position - Back Walkover](#)



[Beginning position back walkover - Standing up straight](#)



[Bending back wards - Back walkover & front walkover preps](#)



[Beginning position](#)



[Beginning position - Back walkover](#)



[Splithandstand on beam](#)



[Back walkover preps](#)



2. Leaps, jumps and hops



[Aquatrainer & arabesque split leaps implicit learning](#)



[Beam - Jumping over foam block](#)



[Active flexibility](#)



[Aquatrainer & Beam implicit learning](#)



[Stability - One leg](#)



[Passé](#)

4. Confidence & presentation

Presentation



[Music, beam & freeze - presentation](#)



[Music, Beam & Freeze](#)



[Presentation with back against a wall](#)



[Music, Beam & Freeze - presentation](#)



[Presentation with back against a wall Implicit learning](#)



[On one knee – In the mirror](#)

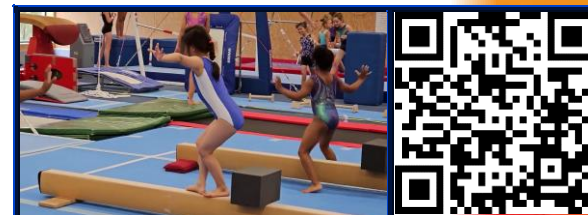
Confidence



[Balloons and beam Fun challenges](#)



[Beam & parallettes Fun challenges](#)



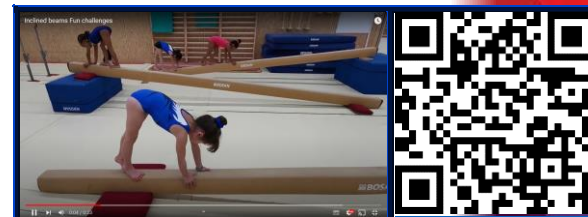
[Beam - Jumping over foam block](#)



[Fun stability challenge](#)



[Fun - Hoops & beam](#)



[Inclined beams](#)



Efficient:
Implicit learning



Safe:
Low, wider beams & soft
situations examples



Fun:
Games & variations





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Creating a foundation & building skills

