

The Frame Bar

****Can be used on the Tumbl Trak, Porta Trak Workstation, Kid Trak and Mini Trak XL****

1. ATTACHING THE FRAME BAR TO THE TUMBL TRAK

- A. The Frame Bar can be used anywhere along the frame of the Tumbl Trak.
- B. Decide where you will attach the Frame Bar.
- C. Remove the springs from the holes into which the Frame Bar will be placed. **Note:** Holes must be directly across from each other.
- D. Insert bolts of the Bar into the holes of the Tumbl Trak.
- E. Place steel knobs on the bolt ends underneath the Tumbl Trak rail and tighten securely.

2. MAINTENENCE CHECKS

Daily:

- * Check end fittings and make certain that they are tight daily.

Weekly:

- * Check bar for any cracks or imperfections.

3. TRAINING BAR USE

Tumbl Trak suggests that before beginning use of the Frame Bar, the gymnasts show mastery of handstands on the floor and floor bar.

BACK BOUNCES:

- Early training for gymnasts using the Training Bar, should include lying on their backs and performing small bounces. Keep the back a little rounded, with the hips in contact with the bed, and the arms as straight as possible. The feet stay pointed at the ceiling. A pad may be placed in between the hands of the gymnasts to protect their heads and faces. As more bounce is developed, the gymnasts may extend their arms and body to a handstand. This movement may be attempted with a spotter if necessary.
- Another part of early bar training is to develop control of a handstand and drop onto the bed of the Tumbl Trak (this is the beginning of the drop for a front giant). This may be practiced with a floor (pirouette) bar onto a soft mat. Then the Training Bar may be used with a wedge or other mat to land on. The gymnasts must learn to drop from a straight handstand, keeping the arms straight and the shoulders opened. As they fall they must pike their hips and land with their back flat on the mat or Tumbl Trak bed. After the handstand drop is perfected, with the feet pointing, then build up to extend the arms and hips to a handstand. For beginners, a small wedge mat with the low edge facing the bar will make it easier to bounce back up to a handstand.

FRONT BOUNCES:

- Bounces off the stomach should be learned with the same progressive approach as the back bounces. Start small and build up. Be very careful with these bounces, as incorrect action may cause back injury. After appropriate drills are perfected, start handstand to stomach and bounce.
- After the basic handstand, fall, and "bounce to handstand" is perfected, many other skills that move in and out of handstands, can be learned on the bar. These include:
 - All pirouette work off the back or stomach
 - Releases such as the Tkachev and Jaeger, and stalder work out of a straddle sit.
 - Gymnasts will also be able to get more comfortable with reverse gripped skills much quicker.