

Cast Trainer

Drills, Skills, Stations, & Packages

Cast Trainer
shown on Jr. Bar
Pro with PM-466
Mat and Bar Pad



The Cast Trainer is a set of brackets that attaches to Tumb Trak's Jr. Kip Bar and Jr. Bar Pro. It offers developing gymnasts a progressive approach to casting to a handstand and it can also function as a "Starter Bars" set for preschoolers.

There are **4 notches** along each bracket allowing the bar to be raised and lowered. As learning and strength progress, casting will move from the lowest notch (#4) up toward the highest notch (#1). For beginners, set the adjustable bar at the lowest setting the gymnast can reach. Then the gymnast can lean over and puts their hands on it which allows for an easy "cast" to a handstand.

Bar adjusts to 4 skill levels



Shown on Jr. Kip Bar
with Primary Rainbow
Tumbling Mat & Bar
Trainer Pad



Shown on Jr. Kip Bar
with Flower Power Mat
& Bar Trainer Pad



Shown on Jr. Kip Bar
with Patriotic Mat &
Bar Trainer Pad

Product Features:

- 4 bar positions accommodate beginner to elite level skills
- Stable
- Quick Adjust Bar

Tumb Trak
Do It Again

The Cast Trainer in use...

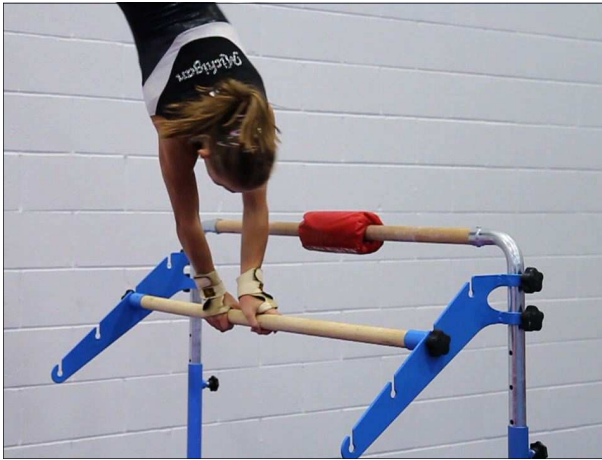
The Cast Trainer can be used in so many different ways, some of which are demonstrated in these photos. For more stations and information about the Cast Trainer go to www.tumbltrak.com/training.



Beginner cast handstand



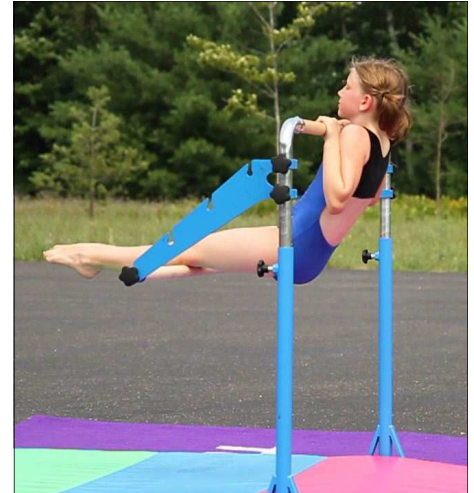
Advanced cast handstand



Pirouette

Tip

Set the bar at the lowest level for beginner skills and then move to higher levels for more advanced skills.



Pull-up



Shoot through



Stem rise

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↑
more reps
less stress