

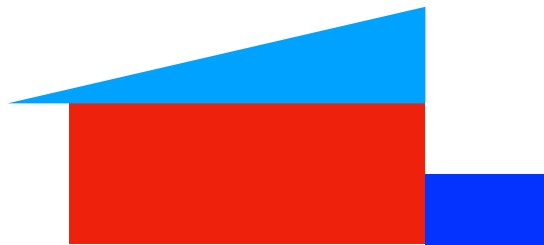
12

Tuck it Up

[blue wedge, sting mat, red & blue blocks]

Set up the red block, with the blue wedge on top. Then, layer the sting mat over it. Stand at the higher end (should hit at waist line) and set onto the mat. Your hips should clear the height and land cleanly on a good set. Then, roll backwards to your feet.

Modify: stand on the blue block.



13

Tight Body Punch

[panel mat]

Start by standing on the mat, with your arms over your head. Jump down on the floor and punch back to the mat, all while keeping a tight upper body and arms tight by our ears.

Punch 15 times forward, backward, and to each side.

14

Jump Backs

[red block]

Start by standing with your arms to your side. Arms swing down, then swing up and back as you jump to your back on the block. Be sure to maintain a tight body, and end in a pike position.

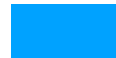


15

RO Jump Backs

[red block & panel mat]

Start standing in front of the panel mat. Hurdle one foot onto the mat, and roundoff (hands on panel mat). Then, set to your back on the red block and roll backward to your feet.



16

RO Back Rolls

[TT: wedge mat on top of resi]

Round-off on the TumblTrak, landing right in front of the wedge. Pause. Then, set onto your back and roll down the wedge to your feet.

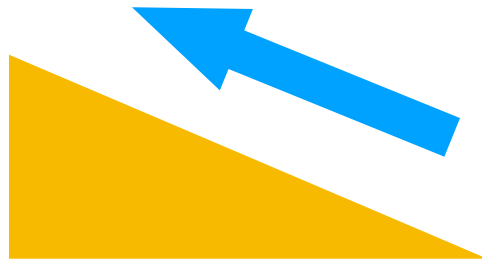


17

Roll-Up

[wedge]

Do a jump, squat, backward roll UP the wedge,
landing on your feet.



18

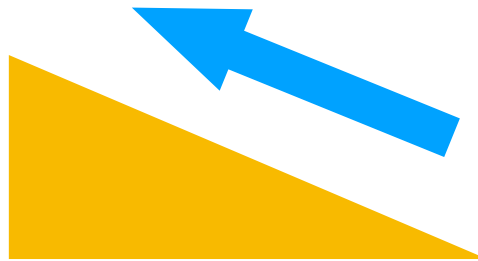
Round-Up

[wedge]

Do a round-off UP the wedge, landing on the floor.

You'll need a more powerful hurdle and kick.

The incline gives extra height out of the round off, so be sure to work on your nice tight hollow shape when landing.



20

Fakin' Tucks

[wedge, red block & your coach]

Start by standing with your arms to your side. Arms swing down, then swing up and back as you jump to your back on the wedge. Be sure to maintain a tight body as you roll backward onto the floor.






1

Stickies

[partner, wooden stick & block]

Lay down on your stomach on the block, with your arms out in front of you holding the stick at the bottom.

Walk your hands up the bar (hand over hand). Keep your head between your arms.



2

Heavy Jumps

[ankle weights & tumbltrak]

10 good leg split jumps

10 bad leg split jumps

10 straddle jumps

10 pike jumps

3

Kneel Swing Hops

[you]

Start kneeling on one leg, with arms down.

Swing back leg forward and hop,
while arms move up & back to tight sides.

Repeat 10 times.

Do 10 with the other leg.

4

Kneel Switch Hops

[you]

Start kneeling on one leg, with arms down.
Swing back leg forward while hopping
and bring your arms front,
then switch legs and push your arms back.

5

Leap Ups [panel mat]

Chassé leap or run into your split leap landing on the panel mat in tight arabesque, with your leg above the mat.

Repeat 10 times.

Try 5 split leg leaps onto the floor with your other leg.



6

Straddle J's

[panel mat]

Start standing in front of the panel mat.

Plié and straddle jump onto the mat
with feet together.

Repeat 10 times.

7

Leapin' Mats

[panel mat]

Start with good leg in front, take a step onto the panel mat, and then leap off the mat, landing in a tight arabesque.

Be sure to keep your shoulders back and chest up so you leap up so you don't donkey kick down (eee-awww).