

# PARTNER by IzaGymJudge STATIONS

## 201 Flex Splits

### Equipment

- Air barrel or octagon

### Set-Up

Place the air barrel in an area free from obstructions.

### Directions

1. Stand in front of the air barrel. Your partner should be standing next to the barrel holding it.
2. Look straight ahead, keep your chest up, and your shoulders back.
3. Standing on your base leg, lift your free leg and place the heel on top of the barrel.
4. As your partner slowly rolls the barrel forward, stretch into your split. Your partner should stop the barrel when you're ready.
5. Keep both legs straight and keep your chest up while you look straight ahead. Keep your hips square and facing straight ahead as you lower into your split.
6. Return to standing and switch with your partner.

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## 202 Floor Shoulders

### Equipment

- Floor bar
- Panel mat

### Set-Up

Place the floor bar in an area free from obstructions, with the panel mat a few feet behind it.

### Directions

1. Your partner should be holding the floor bar.
2. Start in pushup position with your hands on the floor bar and your feet on the panel mat.
3. Your arms should be straight.
4. Your shoulders should be rounded and extended.
5. Your legs should be straight and your feet are pointed.
6. Slowly lean forward.
7. Push your shoulders over the bar, while keeping straight arms.
8. Lean forward as far as you can without falling.

# PARTNER<sup>by</sup> IzaGymJudge STATIONS

## 203 Reach Round-Offs

### Equipment

- Panel mat

### Set-Up

Place the panel mat in an area free from obstructions.

### Directions

1. Your partner should be holding the panel mat to keep it from moving.
2. Stand in front of the panel mat with enough room to run and hurdle.
3. Run and hurdle toward the panel mat.
4. Hurdle before the mat, but place your hands on the floor **after** the panel mat.
5. The goal is to increase the reach into the round-off.
6. Perform your round-off.
7. Switch places with your partner.

# PARTNER<sup>by</sup> IzaGymJudge STATIONS

## 204 Height Round-Offs

### Equipment

- Air barrel or octagon

### Set-Up

Place the air barrel in an area free from obstructions.

### Directions

1. Your partner should be holding the barrel to keep it from moving.
2. Stand in front of the air barrel with enough room to run and hurdle.
3. Run and hurdle toward the air barrel. Place your hands on the floor right before the barrel.
4. Round-off over the air barrel, remembering to keep your arms by your ears.
5. The goal is to keep your chest up when coming out of the round-off.
6. Switch places with your partner.

# **PARTNER** by IzaGymJudge **STATIONS**

## **205 Block Jumps TT**

### **Equipment**

- Tumbl Trak and a landing mat

### **Set-Up**

Ensure the landing mat is free from obstacles.

### **Directions**

1. Stand on the landing mat, facing the TumblTrak.
2. Jump onto the TumblTrak, punching like you would do in vault.
3. Immediately rebound backward to the resi and try to land in a tight pushup position.
4. Try to do 5.
5. Your partner should count how many you successfully land in a tight pushup position.
6. Switch with your partner.

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## **206 Block Bounces TT**

### **Equipment**

- Tumbl Trak

### **Set-Up**

Ensure the TumblTrak is free from obstacles.

### **Directions**

1. You and your partner should start on opposite ends of the TumblTrak.
2. Start in a tight push-up position on the TumblTrak.
3. Bounce in push-up position.
4. To bounce, block with your shoulders. Your arms should remain straight throughout.
5. Once you're bouncing, try to move sideways down the TumblTrak, using only your shoulders.
6. Try to get to the middle of the TumblTrak first - without bending your arms!