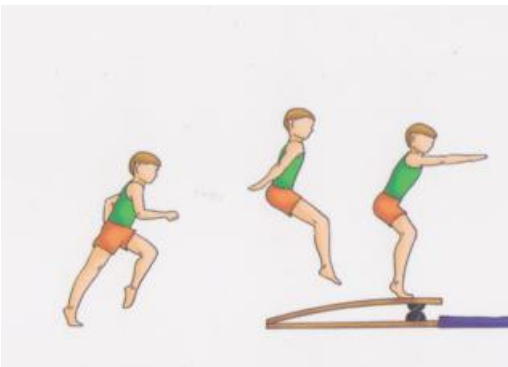


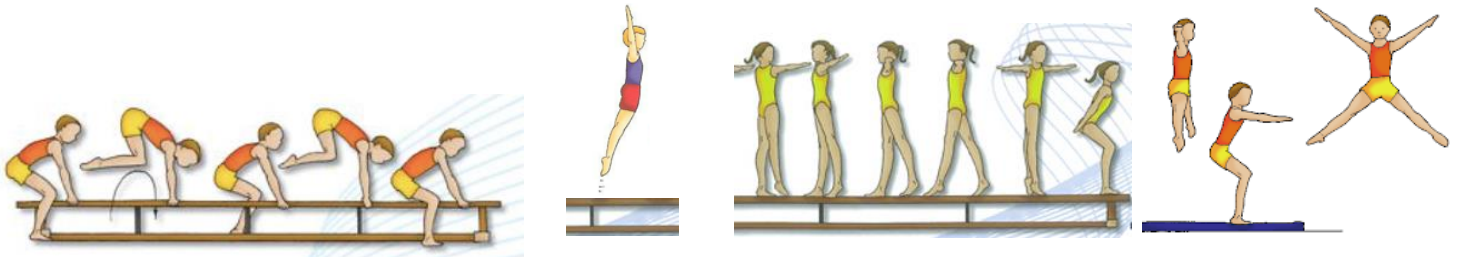
- run up to springboard, squat onto 2 blue blocks
- star jump dismount
- hold landing for 3 secs



- straddle onto floor bar
- fall back onto soft mat keeping hands and feet on bar



- bunny hops x4 over bench
- step onto bench
- straight jump (turn on toes)
- backwards walk (turn on toes)
- star jump dismount (hold 3 secs)



- forward roll down slope, step fwd
- donkey kick
(handstand progression)
- half turn jump
- dish to arch roll

