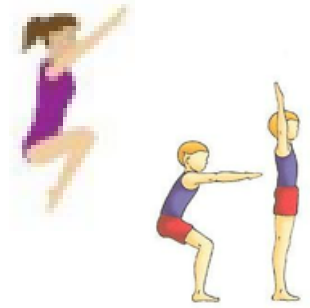
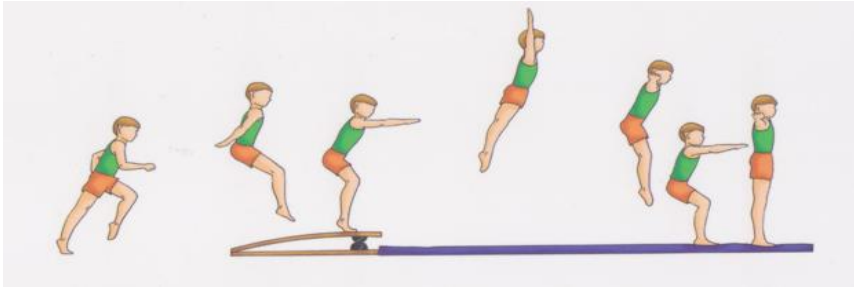


Vault 6

- run up to springboard and straight jump off AND
- squat on from standing onto 2 blue blocks & tuck jump dismount
- hold landings for 3 secs



- press up with hands on a line
- jump feet onto line
- straight jump up



- squat onto bench (at end or side)
- 2 travelling bunny hops along bench
- balance on one leg
- tiptoe walk to end
- star jump dismount, hold for 3 secs



- arch shape
- lie flat, log roll
- dish shape
- rock & roll to stand (no hands)
- travelling bunny hops

