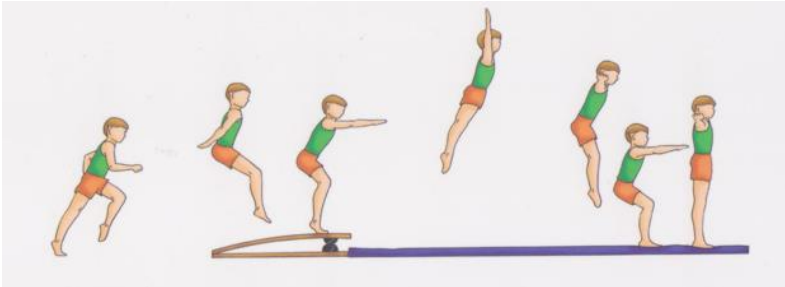
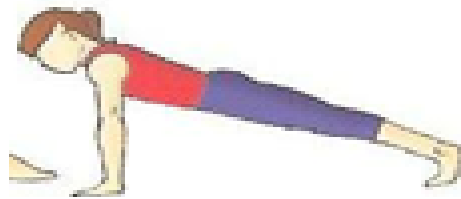


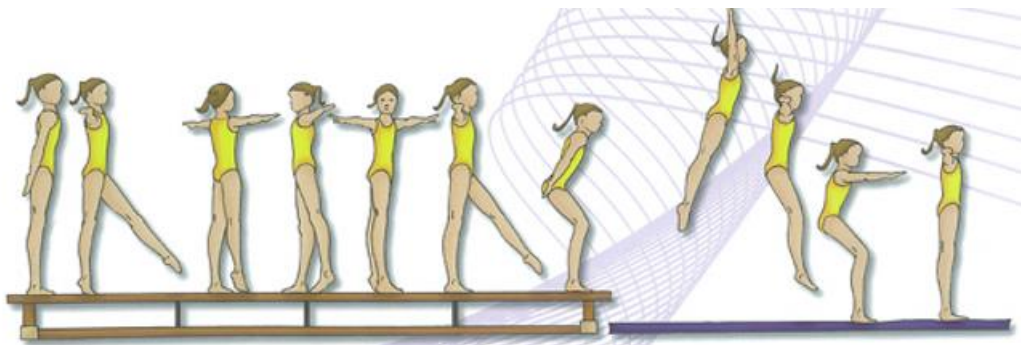
- run along raised platform to springboard and straight jump
- OR
- from standing, squat on to 2 blue blocks and straight jump dismount
- hold landings for 3 secs



- Front support with hands on floor bar



- step onto bench
- walk forward on toes
- full turn on toes in middle
- walk forward on toes to end
- straight jump dismount



- pike for 3 seconds
- bent leg dish
- lie flat on back, roll to tummy
- to hands and knees
- to front support
- jump feet into hands and stand up

