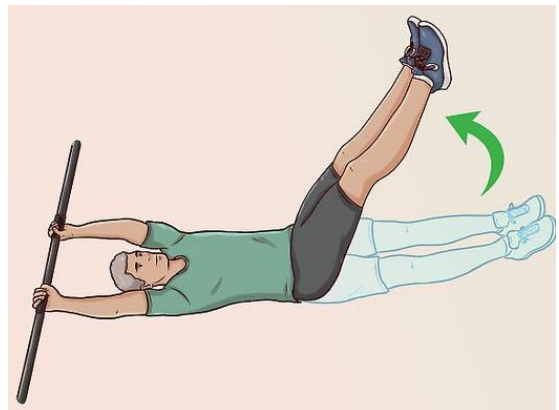


Vault

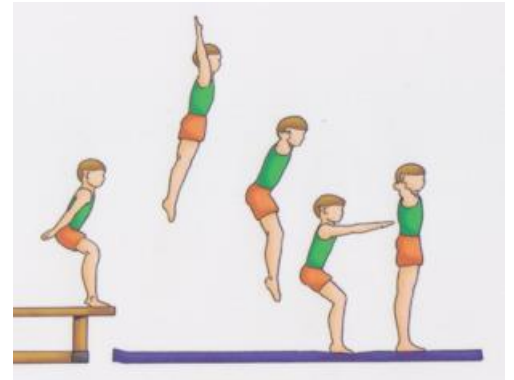
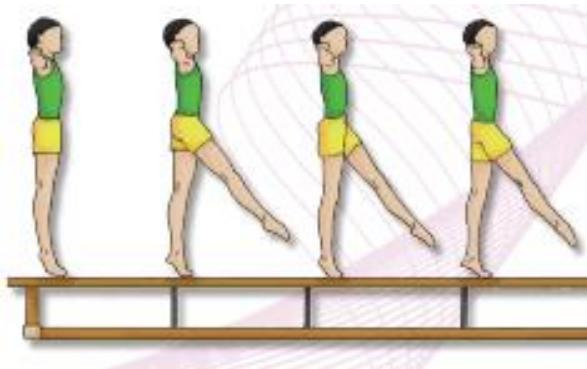
- run and jump in and out of hoop (springboard progression)
OR
- squat on to 1 blue block, jump to safe landing



- leg lift, feet to floor bar



- step onto bench
- walk forwards on tiptoes
- straight jump to safe landing



- tuck shape for 3 seconds
- rock and roll x2 in tuck
- straddle for 3 secs
- back support for 3 secs

