

Straddle	1	Bench	Pegasus	Jumping
2	Squat through	Level with the vault	1 foot to 2 feet	Springboard
Trampette	1896	Hand spring	Horse	Safety mat
Jump and land from a height	Lock elbows	Bent knees	Keep your head up and looking forward	2
Running	2 feet to 2 feet	Warm up	25 meters	Flank

Trampette	1896	Springboard	1 foot to 2 feet	2
25 meters	Safety mat	Hand spring	Jumping	Lock elbows
2	Bench	Level with the vault	Keep your head up and looking forward	Straddle
Jump and land from a height	2 feet to 2 feet	Squat through	Bent knees	Pegasus
Running	Warm up	Flank	1	Horse

Safety mat	Keep your head up and looking forward	2 feet to 2 feet	25 meters	Bent knees
2	Flank	2	Hand spring	Straddle
Jump and land from a height	Running	Level with the vault	1896	Squat through
Trampette	Lock elbows	Warm up	1 foot to 2 feet	1
Horse	Springboard	Pegasus	Bench	Jumping