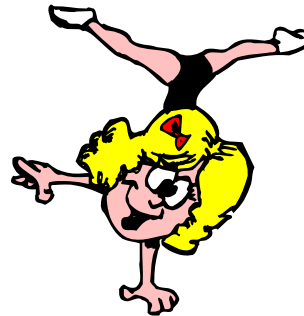


## VAULT COMPLEX

- Right Leg Sprints - (2 laps)
- Left Leg Sprints - (2 laps)
- Straddle Jumps (concentrate on 1st position) - (20)
- Partner Runs -
  - with surgical tubing - (2 laps)
  - *backwards* with hands on partners shoulders - (2 laps)
- Straight stretch toe jumps (concentrate on toes *down*) - (20)
- Knees high sprints (again concentrate on toes *down*) - (2 laps)
- Piked body (lean against wall, hips at 90° toe raises - (20 forward, 20 turned out, 20 turned in)
- Shoulder (handstand) hops up onto 8" mat - (20)
- Punch backs - (20) *if Coach is available, slide in 8" landing mat to land on stomach in straight body position, arms up!*
- Handstands -
  - Stomach against the wall -
    - Shoulder shrugs - (20)
    - Wrist shrugs - (10)
  - Back against the wall -
    - Shoulder shrugs - (20)
    - Wrist shrugs - (10)
- Shoulder (handstand) hops with 1/2 turn, fall to bridge - (10)
- Laying with hips across folding mat, hold *straight body* position with *arms up* - (ten 20 second holds)



## Vault Drills

- Run down mat, jump onto board, and stick landing.
- Jump Backs-jump onto springboard and land back onto mat.
- Run with surgical tubing around waist while partner holds tubing.
- Arm circle rebound off spring board.
- Punch to block (squat on)
- Handsprings progressions- stretch jump
- Super girl over horse to coach.
- Punch to hollow handstand, fall flat.

