

SENIOR PARKOUR APPARATUS



FLOOR + TRAMPOLINES



- Gymnastics Static Postures & Positions
- Assorted Roll Development
 - Safety Rolls
 - Commando Rolls
 - Forward Rolls
 - Backward Rolls
- Dive Roll Development
- Aerial Development
- Rotational development
- Assorted Basic Jumps:
 - Straight, Tuck, Star, Pike, Straddle
 - Full Turn, 1.5 or 2.0 turn
- Precision jumps and Landings from various heights
- Body bounces:
 - Front support/ Camel Walks/ Back Drops
 - Front Drops / Belly Combinations
 - Peanut Rolls (FWD & BWD)
- Vaulting Development:
 - Getting over low- to medium-height obstacles quickly and smoothly while running.
- Kong Development

FOAM PIT / RINGS AND PIT BAR

- Wall Flips
- Aerial Awareness Development
- Spatial Awareness Development
- Safety Falls
- Jumps onto bars
- Swing from rings to bars
- Precision jumps from bars
- Turn precisions from bars

SENIOR PARKOUR PREPARATION



BODY PREPARATION



- Chin Up Holds
- Tuck hang and tuck ups
- L hang
- Support holds
- Tuck sit, rock n roll, rock n roll to stand up
- Angry Cat/Happy Cat

- Front support/back support
- Dish/Arch Hold
- Straight shape
- Tuck, pike and wall handstand
- Correct take-off and landing technique
- Falls training

STRENGTHENING



- Assisted chin ups
- Tuck hang and tuck ups
- L hang and half leg lifts
- Push ups
- Support holds
- Sit ups and tuck snaps
- Rope climb with feet
- 30-40cm Box jumps
- Double leg squats

FLEXIBILITY



- Pike
- Straddle Pancake
- Right Lunge
- Left Lunge
- Standing Straddle
- Star Jump
- Lazy Lizard (Stomach & Back)
- Lazy Cat (Shoulders)