

# JUNIOR PARKOUR APPARATUS



## FLOOR + TRAMPOLINES



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

# JUNIOR 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)