



The Tumbl Trak?

What can I do on the Tumbl Trak?

- I can jump as high as I can on the trak and then on my last jump “stick the landing”.
- *“Stick the landing” Knees are bent, arms are up in the air and you don’t move your feet.*
- Tuck Jumps
- Straddle Jumps (good form)
- Splits (Good form)
- Run, jump and stick the landing
- Push up form and bounce along the trak
- Do a Handstand and walk on your hands the length of the trak
- Bear/Crab crawl
- Hop one 1 leg then stick the landing
- Donkey Kicks