

Leaping Frogs

Floor

1. Stretch
2. Log Roll x 2
3. Tuck Jump
4. 3 skips, Star jump
5. Squat to front support, turn to back support
6. Rock forward to squat
7. Bunny Hop
8. Stretch

Vault

Vault: 1 x 30cm Safety Mat
Run – 1 to 2 feet on board into
Straight Jump, land and Stretch

1 Hour Routine

Floor

1. Stretch
2. Step Catleap.
3. Step Scissor Kick
4. Tuck Jump/Star Jump
5. Point toe behind lift leg 45 Arabesque
6. Cartwheel
7. Sit down into bridge (Hold 2 Secs)
8. Shoulder stand, rock to stand
9. ½ Spin
10. Kick to Handstand and Stretch

Vault

Vault: 2 x 30cm Safety Mat (60cm)
Run – Straight Jump – Kick to
handstand lie flat
(Arms from behind in the kick to
handstand)
Land in dish position looking at
pointed toes

2 Hour Routine

Floor

1. Stretch
2. Step Catleap, Step Scissor Kick, Step Half Turn Jump
3. Handstand then Forward Roll or Handstand Forward Roll (+0.5)
4. Handstand (Hold 2 seconds) then Bridge or Handstand to Bridge.
5. Kickover (+0.5) or rock to stand
6. Step into a full spin.
7. Cartwheel into 1 handed cartwheel.
- 8 Sit down in Straddle Sit into Japana (Hold 3 seconds).
9. Pike fold (Hold 3 seconds).
10. Rock back to Shoulder Stand (Hold 3 seconds), rock to stand and stretch.

Vault

Vault: 3 x 30cm Safety Mat (90cm)
Handspring to lie flat, land in dish
position
Looking at pointed toes.
Stand up and Stretch