

## Leaping Frogs

### Floor

1. Stretch
2. Straight Jump
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. Chasse Catleap
3. Chasse 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 kit to handstand)**  
Land in dish position looking at pointed toes  
Stand up and Stretch

## 2 Hour Routine

### Floor

1. Stretch
2. Chasse split leap, Chasse Catleap
3. Handstand forward Roll
4. Handstand to Bridge(Hold 3 Secs)
5. Kickover or rock to stand
6. Step into a full spin
7. Cartwheel into 1 handed cartwheel
8. Sit down rock into shoulder stand
9. Pike fold (Hold 3 secs)
10. Straddle legs into Japanna put chest on floor hold 3 Secs stand up 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