

BLUE ROOM OBSTACLE COURSE - SOF Body Positions + Dinosaurs



- Cartwheel or jumping station
- Jump off block to floor doing favorite type of jump
- Stand on feet, lift ball up and down either standing or sitting.
- Carry dinosaur sticky across beam then stick on wall, step over dinosaur eggs
- TUCK sit or TUCK rock-n-roll
- LUNGE position
- Cartwheel over block
- Layout STRAIGHT on mat then roll down wedge