

LAYOUT LIFT - “SURFBOARD GAME”



Toes are pointed.
Arms are pressing into the sides.
Stomach is tight
Body is tight.



Keep tight
The coach carefully lifts the gymnast to the stand tall position while the gymnast keeps tight in the layout position.



Keep tight also when standing tall.
When the gymnast has completed the drill and is standing tall then the coach should do the drill in reverse, lower the gymnast slowly until the gymnast is laying flat on the floor.