



## Straddle Obstacle Course -2

Exercise	Materials	Description
1. Straddle Jumps	Large tumble track	"Straddle jump, legs jump out and jump in"
2. BIG jump on small track	Red ramp with white line attached to small rectangular trampoline	"walk up the ramp and jump on the mini track. Big jump off and land on spot"
3. Spring Board jump	-spring board -1 spot	"1 foot before the board, 2 feet on the board and jump onto the spot with both feet"
4. 3 Push ups	Bosu ball (flat side up)	"do 3 push-ups; be sure to do them slowly to keep your balance"
5. "L" sit	Parallel bars	"hold yourself up with straight arms and lift your legs to make an L shape"
6. Tip toe	Wide, red balance beam	"Tip toe all the way down with arms up by your ears"
7. "V" sit	-Large donut (lying flat) - large black exercise ball (inside the donut hole)	"sit on ball, place hands on side of you to keep your balance and hold both legs up in the air for 3 seconds to make a V sit."
8. Straddle hold	Mushroom with yellow "X"	"sit on top of mushroom and push yourself up so legs make a straddle. Hold for 3 seconds"
9. Swing and kick	-Bars - big cylinder	"Hold on tight to the bar and swing to kick the cylinder over. Make sure you set the cylinder up for the next person"