

Leaping Frogs 1 hour Routine and Vault.

FLOOR:

1. 3 Skips.
2. Forward roll.
3. Squat to front support.
4. Turn to back support.
5. Rock forward to stand.
6. Straight jump.
7. Tuck jump.
8. Bunny hop.

VAULT:

Bench, board jump, straight jump, hold landing, stretch.