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Stations
Phase I

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(1 mat)

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#1 Climbing Ropes

(2 big mats)

- 1. Body Lifts – Lie flat on your back and pull yourself to a standing position. Use the hand over hand method. You may also lower your body from a standing position to lying on your back.**
- 2. Bicycle – Pull your body off the mat and move your legs in a bicycle riding manner**
- 3. Feet Clapping – Do the same as the bicycle but clap your feet in the hold position.**
- 4. Climb – Pinch or wrap your feet on the rope and pull with the hand-over-hand method. Come down with the hand-under-hand method.**
- 5. Inverted hang – Use two ropes and pull your feet above your head. Keep your body stiff and hang upside down.**
- 6. Skin the Cat – Do the same motion as the Inverted Hang. From the hang position, let your body turn one rotation and land on your feet. Always keep both hands on the rope.**

#2 Ladder

- 1. Hold onto the RUG/BAR of the ladder. Allow your body to sway back and forth like a grandfather clock.**
- 2. As you SWAY, try to reach one arm to the next RUG/BAR. Continue this motion to a given height.**
- 3. Come down with the same SWAYING motion.**

#3 Ball Bouncing

- 1. Dribble the ball as you go around the circle**
- 2. Dribble only with dominant hand**
- 3. Dribble with the other hand**
- 4. Alternate hands while dribbling**
- 5. Try dribbling tricks.**

#4 Rope Jumping

- 1. Practice the Tug Tug/Tap Tap/Big Circle**
- 2. Same as above and add a jump**
- 3. Same as above and add more than one jump**
- 4. Side Swings – Grip the rope in both hands and place in the Ready Position. Swing the rope over your head and allow to pass on one side of your body. As the rope comes through, allow it to pass to the other side.**

Check the Jumping Guide for Pictures, if necessary.

- 5. Side Swing and Jump – Do 2 side swings and jump**

#5 Balance Beam

- 1. Walk forward**
- 2. Walk backward**
- 3. Walk sideways**
- 4. Dips – Walk the beam and dip/touch a toe toward the mat/water. Alternate feet as you continue the dip step**
- 5. Toe Touch – As you walk forward rise one leg in front of the balancing leg and touch that toe. Put that foot forward and raise the other leg. Continue this motion.**
- 6. Cat Leaps – Face forward and balance with one foot in front of the other. With weight on the front foot, leap forward and land on the other foot and bring the lead leg forward again. Continue this motion.**

#6 Stall Bar

- 1. Curl Ups – Sit facing the bars with your feet under the bottom rug/bar. Lie down on your back. Raise your head and shoulder blades off the mat. Hold for 1 second and lower your body. Continue this process.**
- 2. Sit Ups – Hook feet under the bottom rug/bar. Lie on your back. Raise your body and touch the stall bar. Lower your body. Continue.**
- 3. Climbing – Climb to the top. Feet should not go beyond the 5th bar from the top. From there, develop some climbing pattern of going down, up, and sideways.**
- 4. Jump Ups – Face the bar and hold on about shoulder height. Jump with both feet and land on the 3rd or 4th rug/bar from the bottom. Jump back down to the mat. Continue this process.**
- 5. Body Lifts – Face the bar with your back resting next to the rugs/bars while you are standing. Raise your hands up and grip the bar above your head with both hands. Try to raise your body to a Tuck position. Lower your body and try again.**

#7 Hurdles/5 Hoops

- 1. Travel over all the hurdles**
- 2. Travel under all the hurdles**
- 3. Travel over and under the hurdles**
- 4. As you come back, hop with one leg in each hoop**

#8 Peg Board

- 1. Chin Hang – Pull chin up to pegs and hang**
- 2. Jump Ups – Grasp the pegs. Jump up and hold body in chin hang. Come down immediately**
- 3. Body Swings – Grasp the pegs and sway your body back and forth from a hang position.**
- 4. Pegging – Walk the pegs up the board until you are off the mat. Go as high as your can. Peg down the same way.**