





1. Hands on half rounds, walk feet up green octagon for handstands
2. Various walks on red floor beam
3. Cartwheel between yellow walls, slide down slide
4. Various rolls down blue incline
5. Cartwheels on Original Block

Half rounds: [tumbtrak.com](http://tumbtrak.com)  
Octagon: [mancinomats.com](http://mancinomats.com)  
Foam Training Beam: [mancinomats.com](http://mancinomats.com)  
Yellow walls –Resilite Resi Walls: [resilite.com](http://resilite.com)  
Incline: [mancinomats.com](http://mancinomats.com)  
Red cartwheel block -The Original Block: [originalblock.com](http://originalblock.com)