

Core Bend

MAP REF

7

Balance

HOW TO

- Using the high bar for balance step onto the Springer
- Engage your core
- Use your upper body to help you gain balance and remove your hands from the high bar. Ensure that you feel balanced before you continue
- Bend your knees and slowly bring your chest towards your thighs
- In a slow controlled move return to the starting position
- Repeat



TIPS

This requires balance and coordination

