

Amped Trampoline Proficiency Level 3 - Elite

Term Objectives

Drops/Jumps	Flips
Pike Jump	Front Tuck (on trampoline)
Seat Drop 1/2 Twist	Back Tuck Progression (into foam pit)
1/2 Twist Seat Drop	
Seat Drop > Front Drop Combo	
Front Drop	

ROUTINE

1. 1/2 Twist Seat Drop
2. Front Drop
3. Pike Jump
4. Full Twist
5. Seat Drop 1/2 Twist
6. To Feet
7. Seat Drop
8. To Feet
9. 1/2 Twist
10. Front Drop