

Backward Roll from Folded Practice Mat

PURPOSE:

To learn and practice beginning backward roll

CAUTION

Any activity involving motion, rotation or height creates the possibility of serious injury including permanent paralysis and even death from landing or falling on the neck, head or other parts of the body. Gymnastic mats and floors cannot and do not eliminate this hazard entirely. You still assume a risk of serious injury when using this equipment. Before each use, always check apparatus for damages or wear. If in doubt, do not use the product. This gymnastic apparatus can move during use. So, always check for proper positioning before each use.



A 4-foot by 8-foot Practice Mat, folded in half, makes a good platform for learning backward rolls. The height difference helps the body roll down. Place hands and head on the floor, with back and legs on the folded mat. Lift the legs (tuck if needed) until the hips come off the mat, gradually putting weight on hands and head. Stand up to either a tuck or straight-leg position.

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Do It Again