

Jr. Kip Bar

Drills, Skills, Stations, & Packages

Sale prices good
till August 31,
2010



Do a Complete Level 4 Routine!

- Standard Base includes 3 cross supports! (other manufacturers have just one or none)
- Can be used by athletes up to 125 lbs!
- Bar adjusts easily!
- Add extensions or plywood to the base as your athletes grow!



Standard Base



Extensions



4'x8' Plywood



Wall Bar Station: The student drops into a clear hip and finishes back on the wall. No more endless spotting. It helps the student FEEL the clear hip.



Bouncy Butt Drill: To help students learn to finish the kip! Use a Tumb! Trak, Bungee Mat, Air Barrel, Air Trak or other bouncy surface.

Tumb! Trak
Do It Again

The Jr. Kip Bar in use...

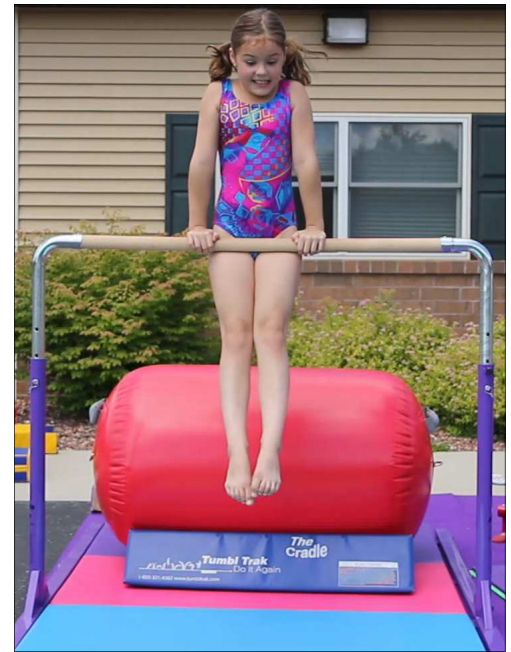
The Jr. Kip Bar can be used in so many different ways, some of which are demonstrated in these photos. For more stations and information about the Jr. Kip Bar, go to www.tumbltrak.com/training.



Glide Kip



Casting up to handstand



Bouncy Butt Drills



Bouncy Butt Drills



Squat-on Drills

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more reps
less stress