

# Step Forward Roll Uphill on Incline

## PURPOSE:

To practice good forward rolls on a more challenging station



## 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.



Open the incline mat as shown. The gymnast starts from a stand, stepping forward to place hands on the low end of the incline. Because rolling *uphill* is more difficult than flat or downhill, good body positions are very important. Keeping the head in and knees tucked until the seat is near the high end of the incline, makes a good forward roll to a stand on the floor.

