

Crawl under
pool noodles

Hop in
a sack

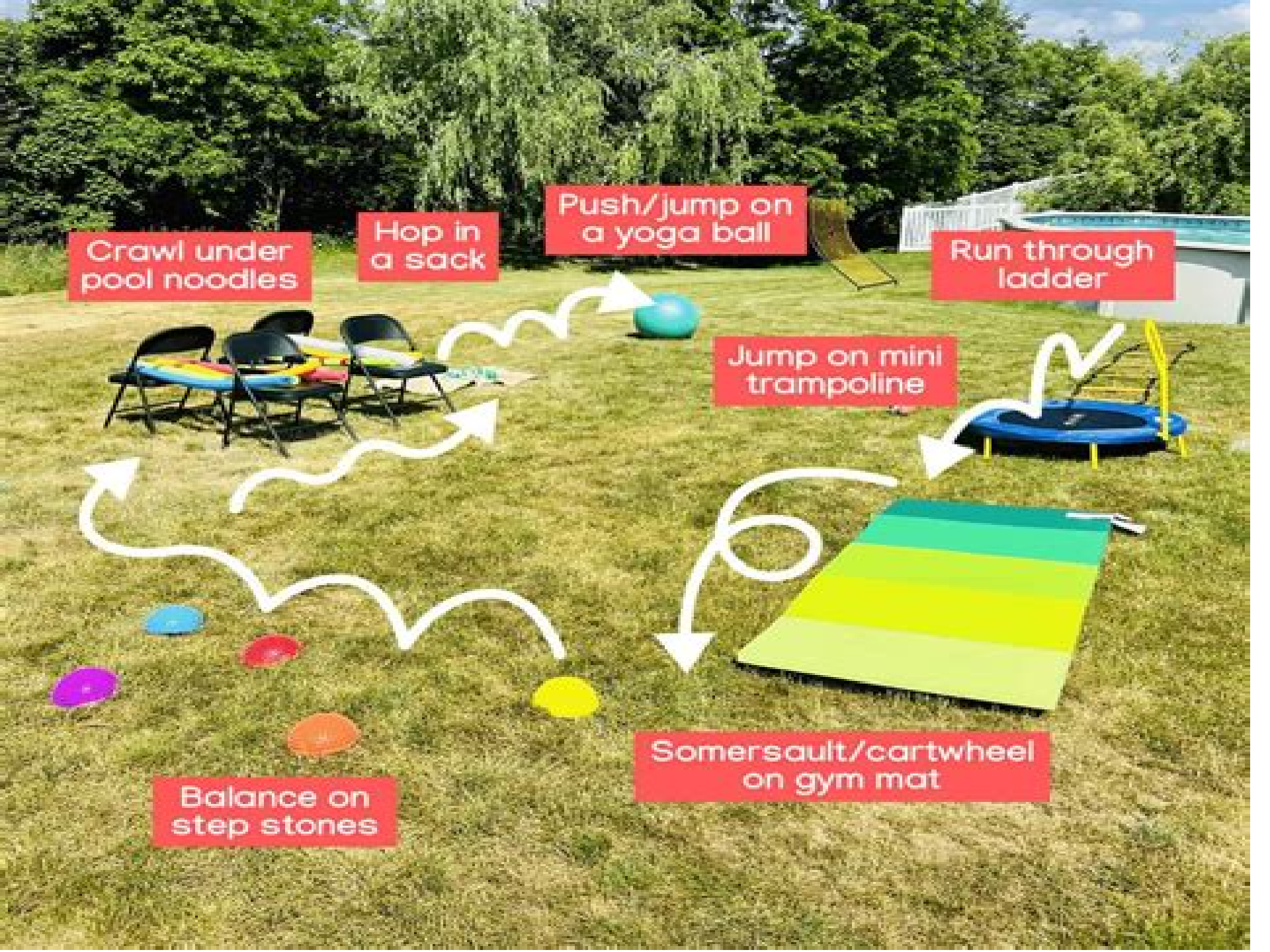
Push/jump on
a yoga ball

Run through
ladder

Jump on mini
trampoline

Somersault/cartwheel
on gym mat

Balance on
step stones



Obstacle Course Field Manual

Jin-Ying Zhang



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