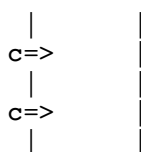
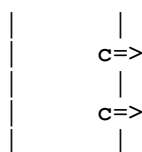


Elastic Game - Jumping for Zebedee

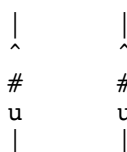
1. Near Side



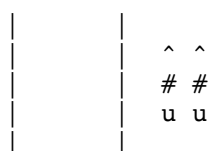
2. Far Side



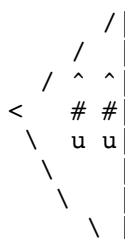
3. On the Rails



4. Far away



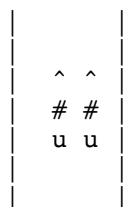
5. Triangle



6. Rhombus



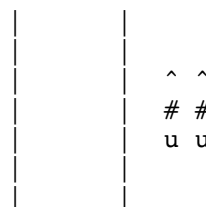
7. Inside



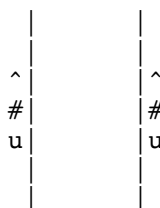
8. Near



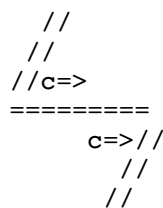
9. Far



10. Outside



11. Zebedee



1. Near Side : Jump onto nearside elastic with two feet.
2. Far Side : Jump to opposite side on both feet.
3. On the rails : Jump and twist sideways, landing on both rails.
4. Far Away : Jump with both feet to opposite side from start position.
5. Triangle : Jump with both feet, taking nearest side elastic over furthest.
6. Rhombus : Jump and widen feet apart to make Rhombus shape.
7. Inside : Jump up, allowing elastic to return parallel and land inside.
8. Near : Jump back to starting position.
9. Far : Jump to opposite side of both elastics.
10. Outside : Jump and straddle both elastics.
11. Zebedee : Twist around catching elastic to form a Z shape.

Start with elastic at ankle height. Once you can complete the routine without error, move the elastic higher up - to your knee height. How high can you go? Author: Stacey Marshall - 2016