

# Hurdle Helper User Guide

The Hurdle Helper is an innovative system of soft blocks and sticks that can Velcro together in multiple ways to teach progressions, for a variety of skills. From Preschool, to Pre-team, the Hurdle Helper will be every teacher's "go to" for FUN and creative tumbling, vault and beam stations.

The Hurdle Helper has a base mat that is approximately 90 cm x 1.2 m and 1.6 cm thick. This base mat has closed loop carpet on the top and blue non-skid on the bottom. The base mat also has a 10cm wide line down the middle that is part red and part white. These colors can help to teach students about reaching longer or lunging farther.



The system includes 6 soft red sticks that can be arranged in different set ups to teach cartwheels, round offs, and hurdling techniques. Use the 2 longer, red sticks with Velcro flaps, to create an upright obstacle. The system also comes with a soft red block that is 38 cm x 25 cm and is 10 cm thick for reaching or jumping over.

All the sticks and block have Velcro on the bottom, in order to connect them to the base mat.

The Hurdle Helper will be a valuable tool in your gym. It is easy to set up and changes quickly to teach a wide variety of skills. Athletes will love using these creative and fun stations!

## Product Features:

- Base Mat (90 cm x 1.2 m)
- (2) 117 cm segmented long pieces with Velcro flaps
- (4) 60 cm long
- (1) rectangular 38 cm x 25 cm

For questions or problems, please call  
Tumbi Trak at  
44 (0)2921 167 949.



(2) 117 cm segmented pieces



90 cm x 1.2 m  
Base Mat

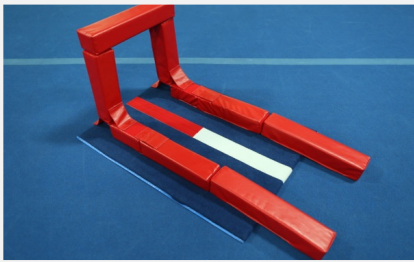


(4) 60 cm long  
long pieces



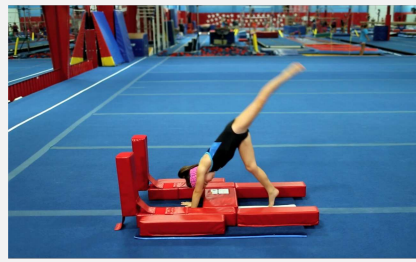
(1) 38 cm x 25 cm

# The Hurdle Helper in Use...



**Set up: Use a short piece to make a horizontal bar obstacle.**

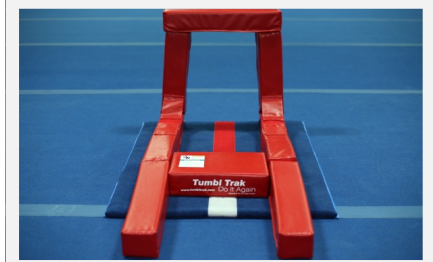
- Jump over the bar for a plyometric exercise
- Round off and rebound off hands in a hollow shape over the obstacle
- Front Handspring over the obstacle
- Round off - back hand-spring over the obstacle
- Round off back tuck over the obstacle



**Set up: Velcro the longest pieces upright to make a canyon to move through.**

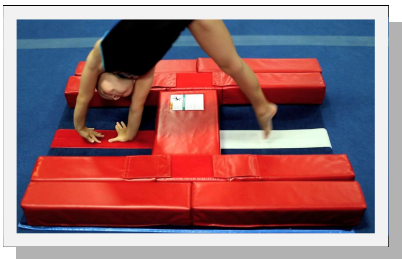
Encourage straight direction in skills as athletes move between the two upright obstacles.

- Rolls
- Handstands
- Cartwheels
- Round offs
- Front Handsprings
- Back Handsprings



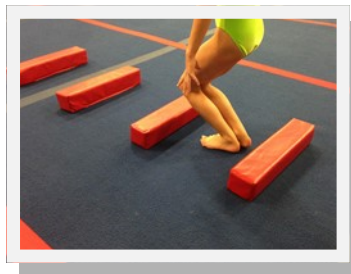
**Set up: Use the rectangle block to reach, step or jump over.**

- Step over the block to encourage longer hurdles
- Reach hands over the block to help make skills straighter (handstand, cartwheel, round off)
- Rebound over the block in round off back handsprings
- Jump over the block for a plyometric station



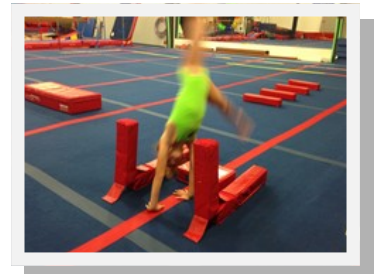
**Set up: Vary the width of the longest pieces to create success in doing skills inside the boundary**

- Use this set up for beginner handstands, cartwheels, round offs, etc. The white and red lines are a great visual cue for foot placement in a lunge and for reaching the hands.



**Set up: Use the 4 short pieces horizontally spaced for a plyometric station**

- The short pieces of the Hurdle Helper can be used as a quick, interchangeable plyometric station. Vary the distance of the pieces for a challenge, or to accommodate different level athletes.



**Set up: Use the uprights for balance beam to encourage straight skills**

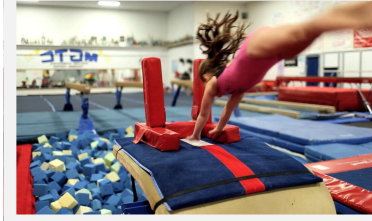
- Use the Hurdle Helper on a line or next to a low balance beam to encourage reach and lengthening skills

# The Hurdle Helper in Use...



## **Set up: Use the Hurdle Helper in various ways for beginner vaults**

- Set up pieces of the Hurdle Helper on a mat stack as an obstacle for reaching
- Place pieces of the Hurdle Helper on the floor before the vault board to encourage a longer hurdle



## **Set up: Use the Hurdle Helper in various ways on a vault table**

- Step over the block to encourage longer hurdles
- Reach hands over the block to help make straighter skills such as handstands, cartwheels, round offs, etc.
- Rebound over the block in round off back handsprings
- Jump over the block for a plyometric station

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