

## 10 Trampoline Tricks to Work on at Home

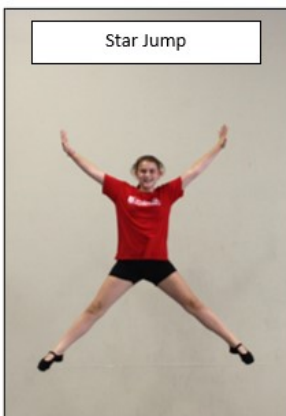
Bouncing on the trampoline can be a super fun experience and a great workout if done safely with adult supervision and safe progressions. As a trampoline gymnastics school, Carolina Elite recommends that our members keep their difficult skills strictly in the professional gym setting—but here is a list of 10 great, non-flipping skills that kids can do at home!!

*Carolina Elite is NOT responsible for tricks done at home. To enroll in Safe, Professional Classes, Visit: [www.CarolinaTrampoline.com](http://www.CarolinaTrampoline.com) or Call 336-307-3073*

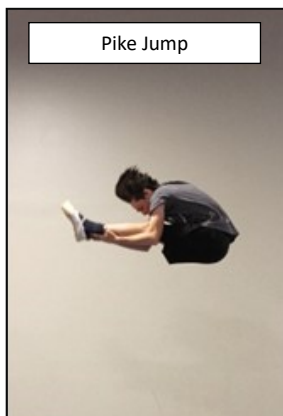
### SAFETY FIRST!

1. Always have an adult or a coach watch you
2. Only one kid can jump at a time
3. Always bounce in the middle
4. Know your limits and ask for professional help before attempting new tricks—especially those that go upside down!
5. Walk—do not jump—when getting off the trampoline
6. Use common sense, stay safe, have fun!

Star Jump



Pike Jump



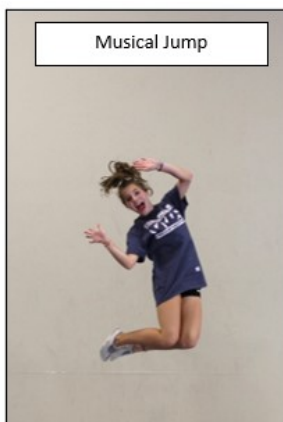
Tuck Jump



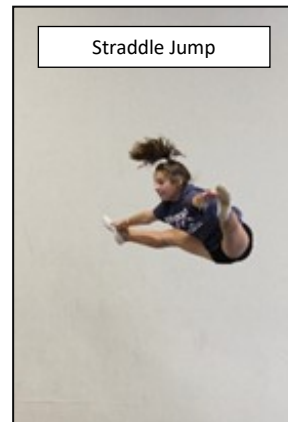
Superhero Jump



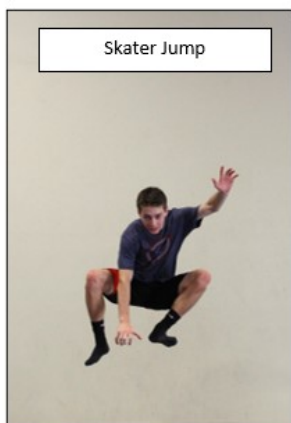
Musical Jump



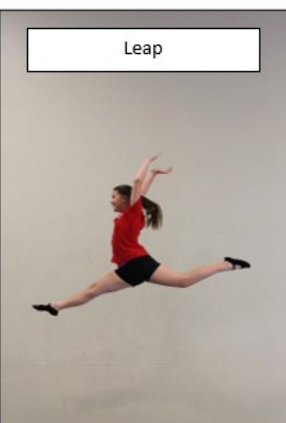
Straddle Jump



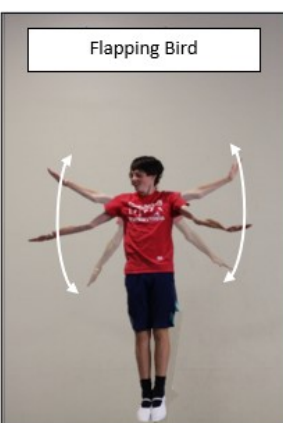
Skater Jump



Leap



Flapping Bird



Half Twist

