

Launch Pad used for standing back tucks



Athletes get bounce and extra height off the 5 inch high Launch Pad.



Adjust difficulty by blocking up the Launch Pad (easier) or put mats on the floor to raise the landing surface.

PURPOSE: to practice standing back tucks.

As a take-off surface the Launch Pad offers stability for the “set” and “lift” phases of the back tuck, and it’s high enough to allow gymnasts to land “downhill” a little.