Spieth - Springboard Ergotramp



Details

This cross between a springboard and a trampoline is the ideal equipment to learn vaulting on a springboard.

This methodic learning board's ergonomic shape is perfect for learning the correct vaulting stance. It provides extra bounce at a lower initial vaulting force and incorporates 2x3 extra springs in the impact zone which create a longer flight movement.

The trampoline springboard is designed for children to learn a methodic training of gymnastics and is for gymnasts with limited vaulting experience or who are training under supervision.

Benefits include lower impact on joints and improved learning of vaulting technique off the springboard

- Height: 27-37cm
- Width: 60cm
- Length: 120cm