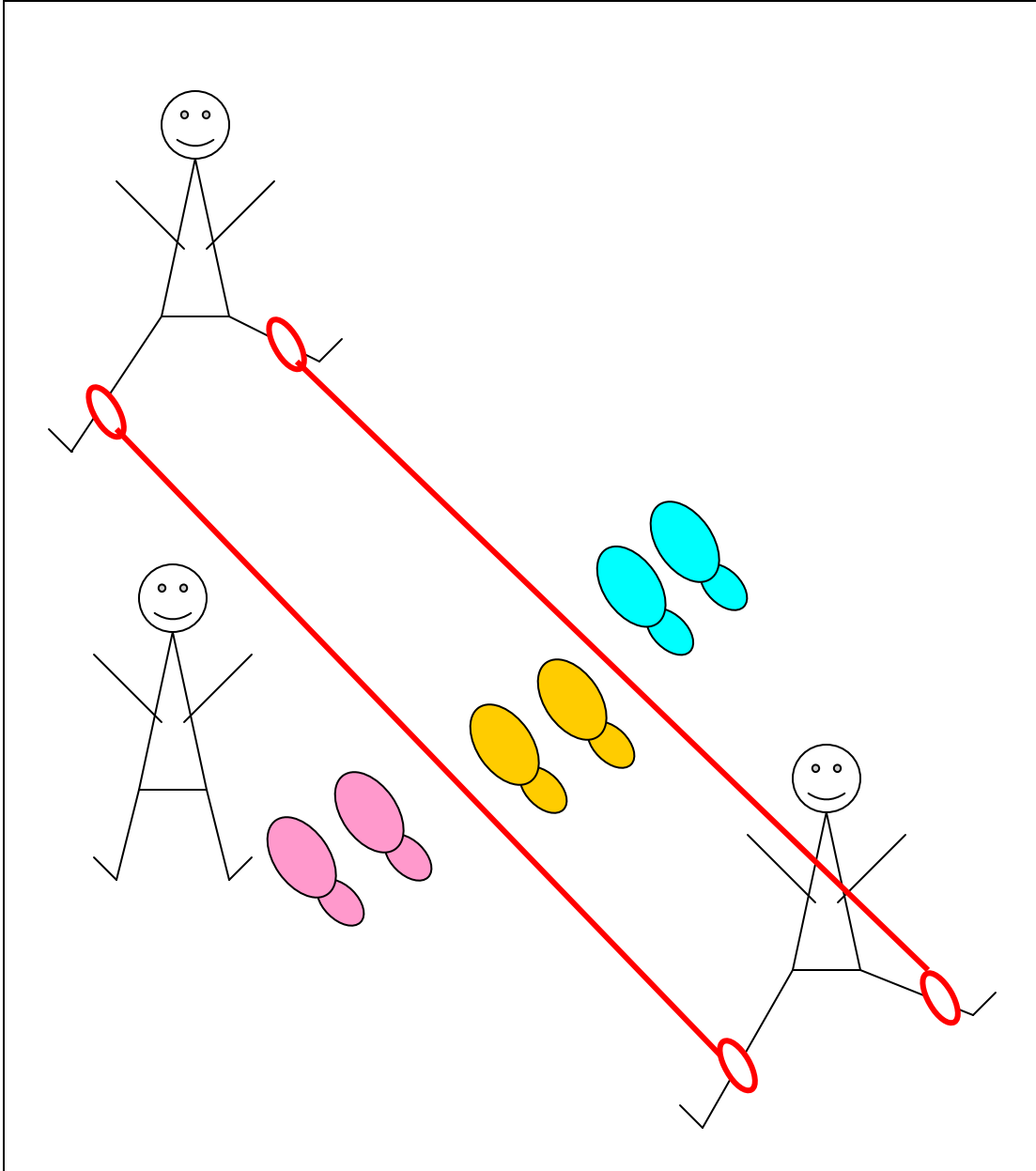


## Jump Bands: Continuous Double Jump



### Description:

#### **Centers:**

- Start with both feet closest to jump bands (pink).
- Jump four (4) beats on the outside of the jump bands. \*Start at the same time Enders begin.
- Jump two (2) beats inside the jump bands (yellow), traveling to the right.
- Jump two (2) beats outside the jump bands (blue), traveling to the right.
- Jump two (2) beats inside the jump bands (yellow), traveling to the left.
- Jump two (2) beats outside the jump bands (pink), traveling to the left.
- Jump two (2) beats inside the jump bands (yellow), traveling to the right.
- Continue sequence.

**Enders: Jump "Out-Out-In-In"**