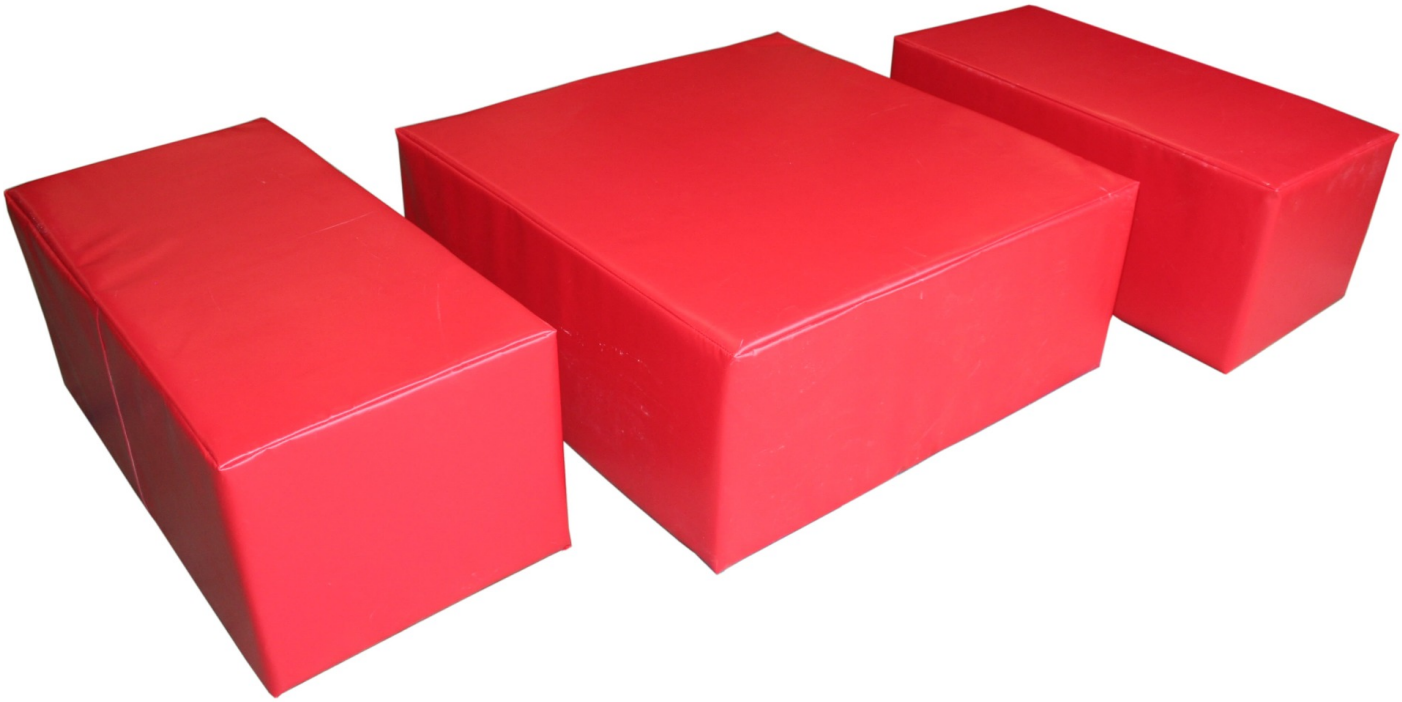
Sprung vault trainer foam block set



Details

A set of three multi-purpose coaching blocks designed for use with the Continental Sprung Vault Trainer to achieve different heights for vault practice.

Complete with nylon straps to attach the trainer to the blocks.

The coaching blocks are designed as a set of three to enable the sprung vault trainer to be used at two different heights, and also to allow the blocks to be used as coaching blocks with other apparatus.

The larger block is a standard dimension for all aspects of coaching and the two smaller blocks allow coaching close to the gymnast on uneven bars or high bar without impeding the swing of the gymnast.