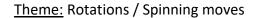
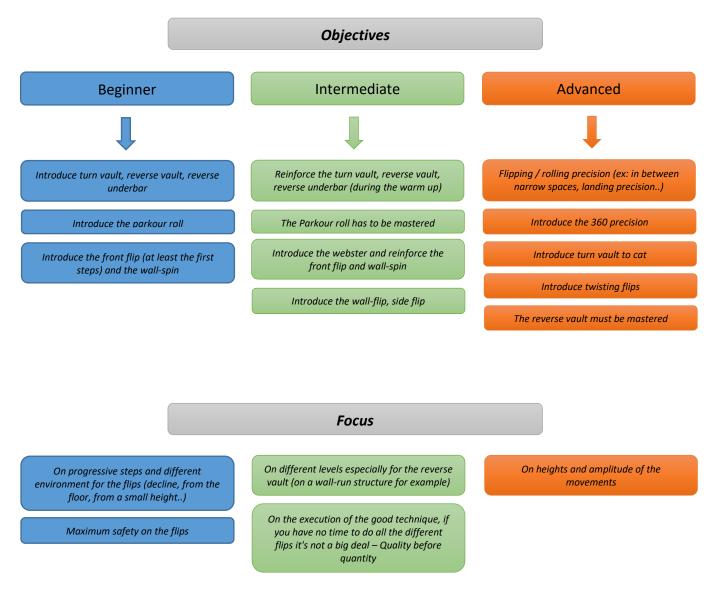
Session 3 Parkour – Stockholm Barnidrottsförening





Remarks

- Do not hesitate to put some extra mats around for the flips, safety first!
- Remember to come up with some extra stations for the kids who do not want to flip, we don't want to force them.