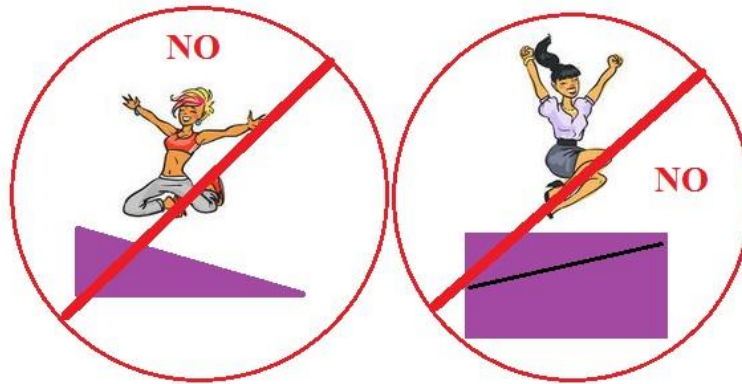


G2D Wedge Use Instruction

Gymnastics Wedge is not design to jump on. It is designed for practicing hand stand against the wall. Rolling down and practice summersaults and flips. For further information, please search YouTube using keyword **"Using a Wedge Mat in Primary Physical Education"**. We found this video to be very helpful <https://www.youtube.com/watch?v=7dKlGdSLdjc> in demonstration the proper use of gymnastics incline wedge.

Caution: Do not jump on the mat as in trampoline.



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