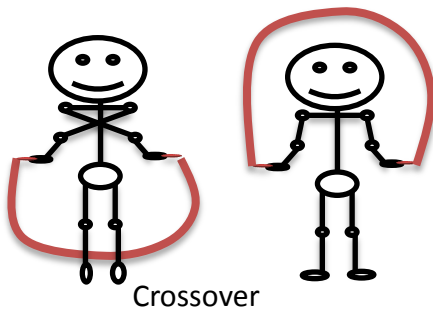
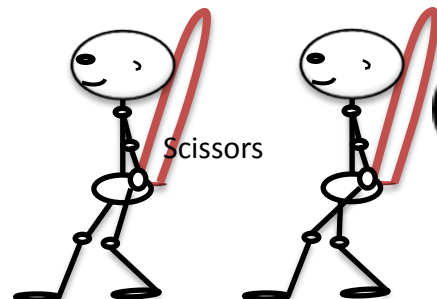


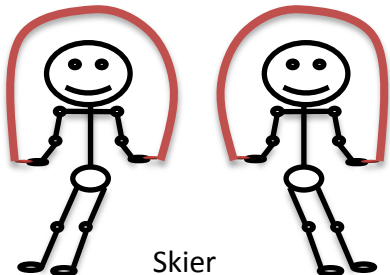
Bell



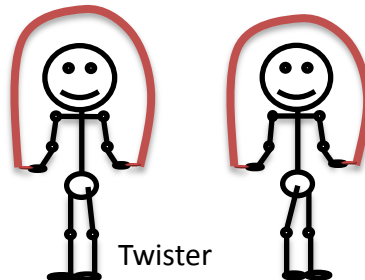
Crossover



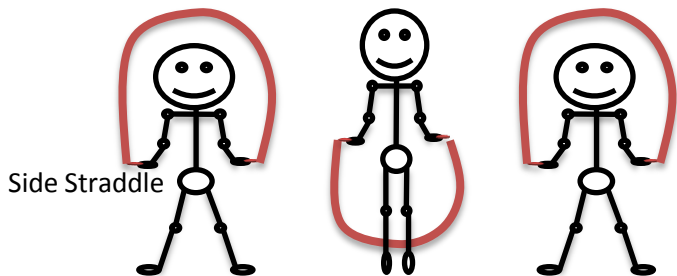
Scissors



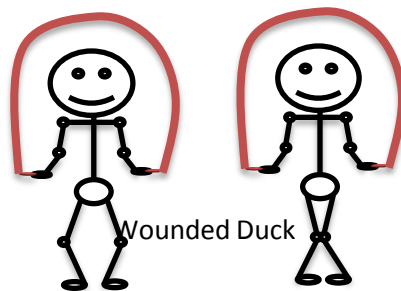
Skier



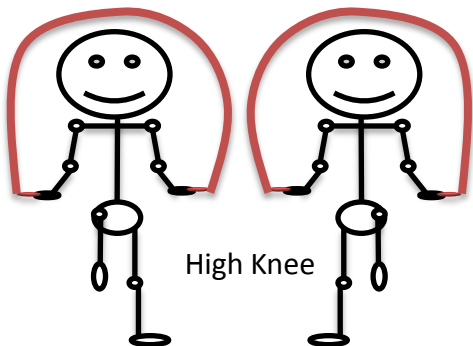
Twister



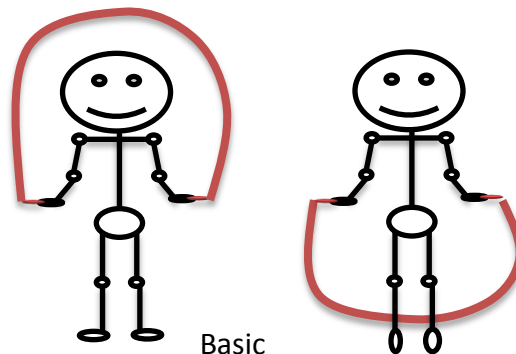
Side Straddle



Wounded Duck

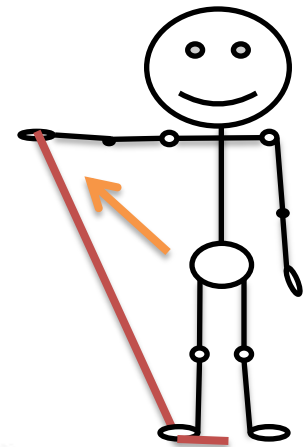
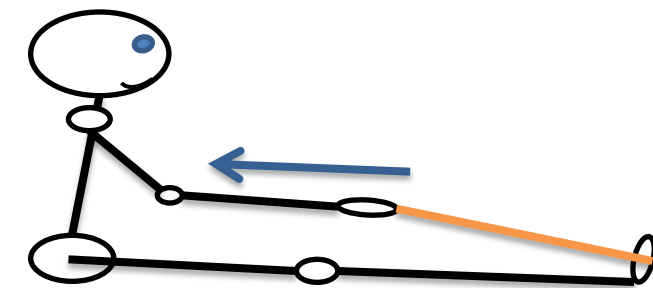
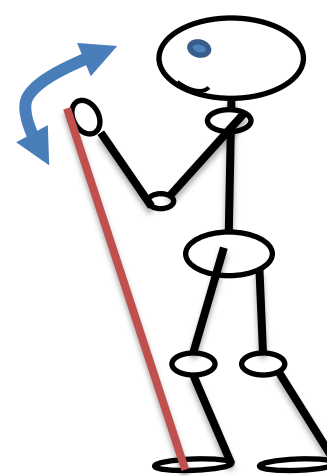
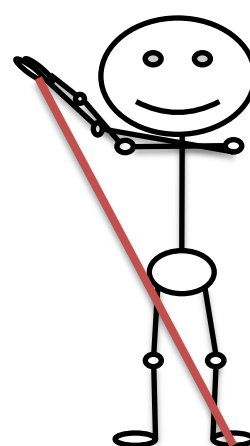
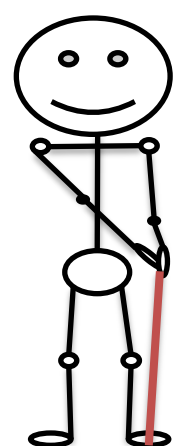
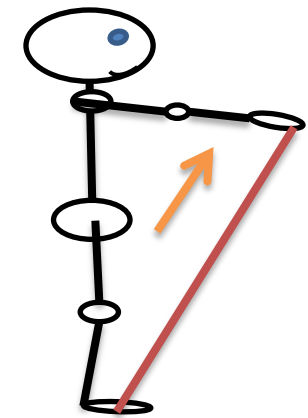
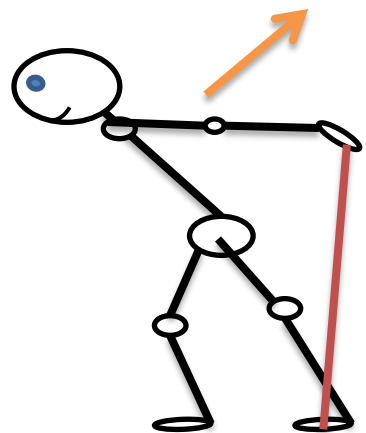
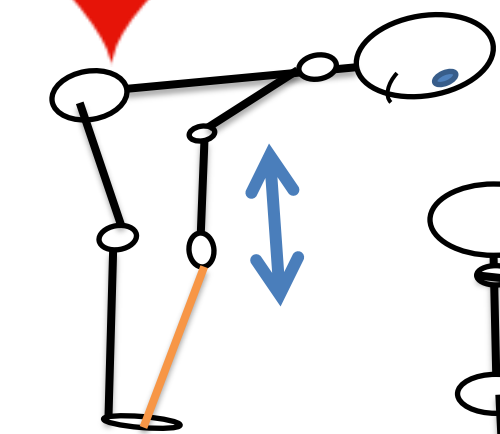
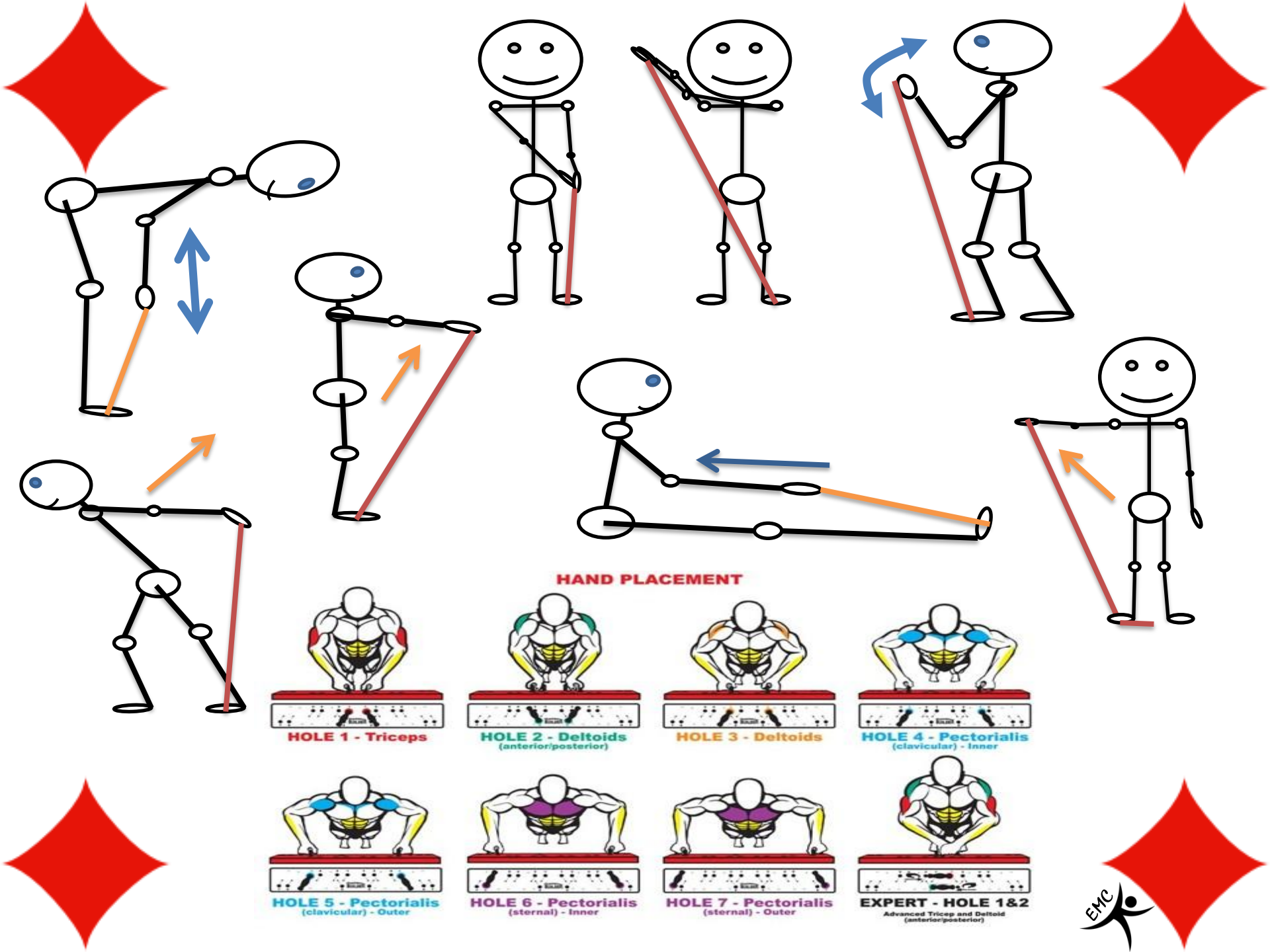


High Knee

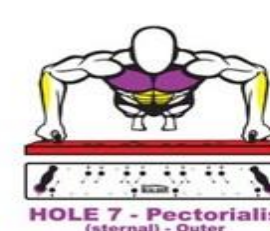
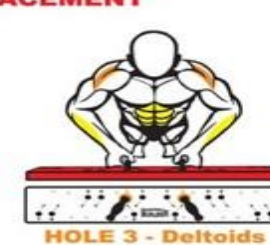
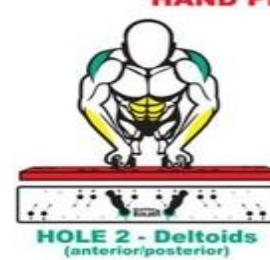


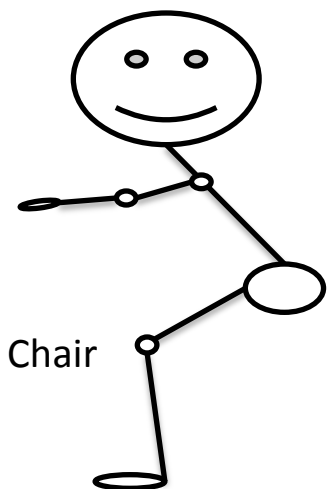
Basic



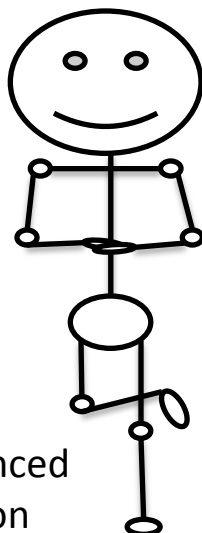


HAND PLACEMENT

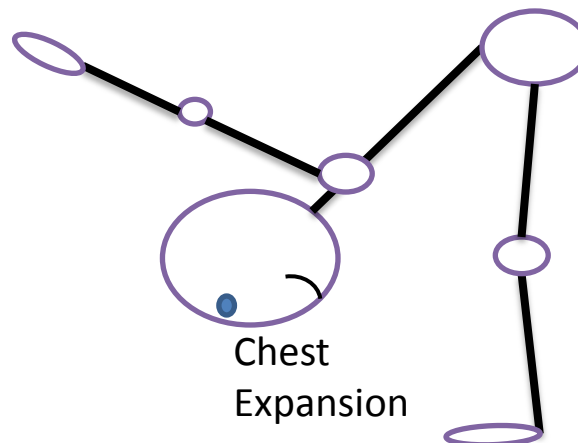




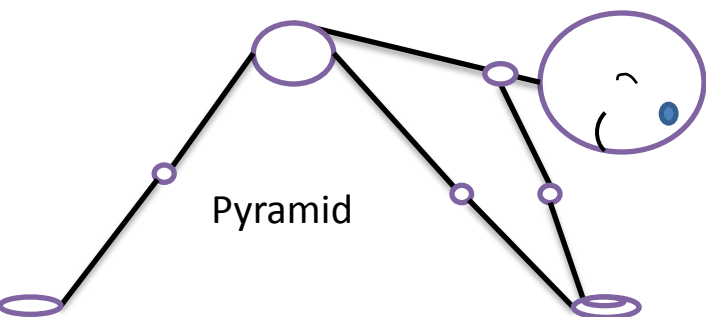
Chair



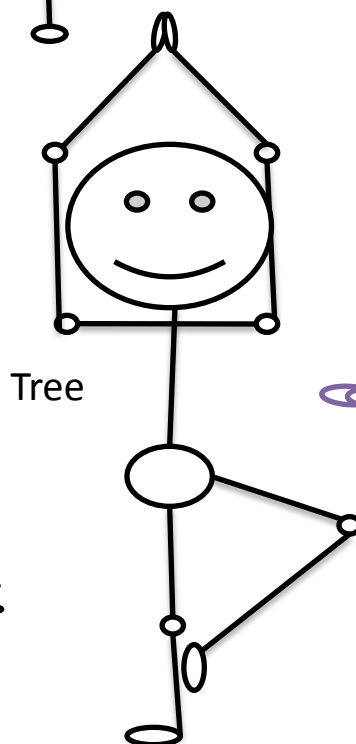
Balanced
Pigeon



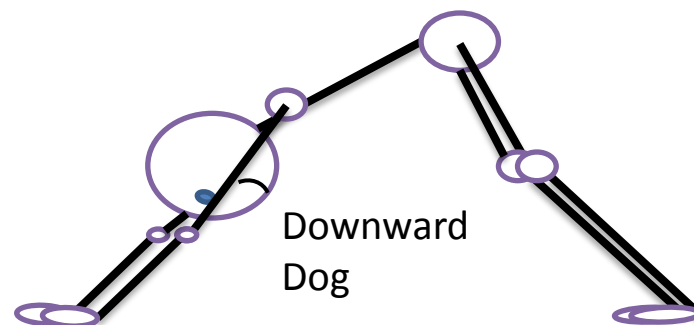
Chest
Expansion



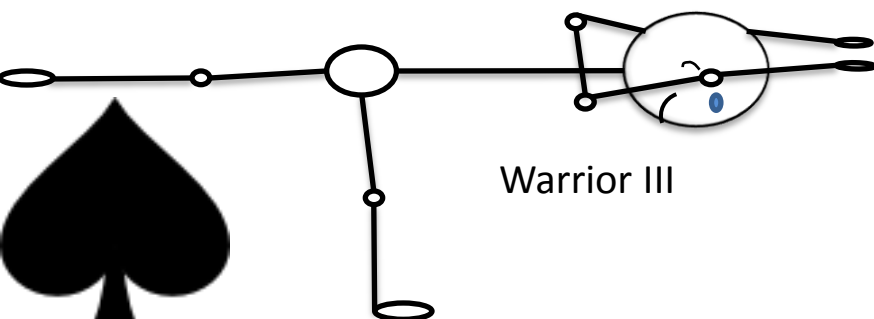
Pyramid



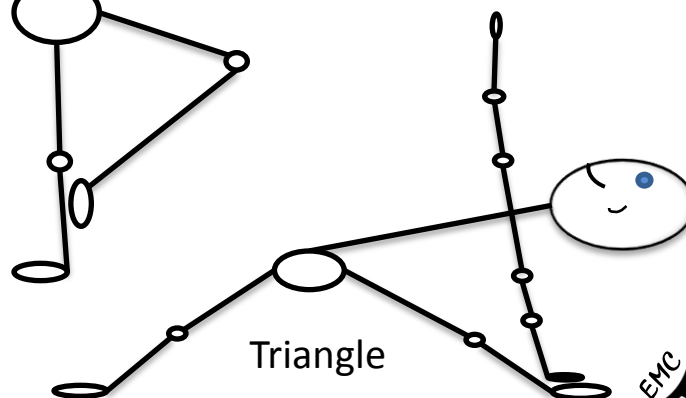
Tree



Downward
Dog

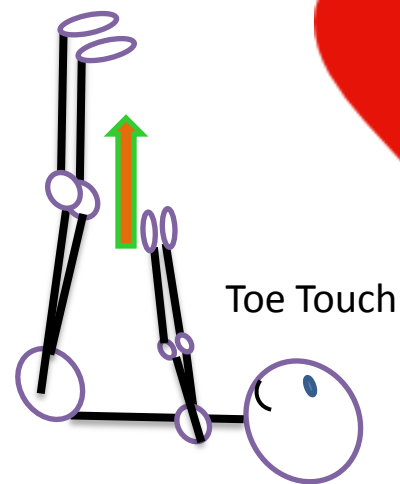
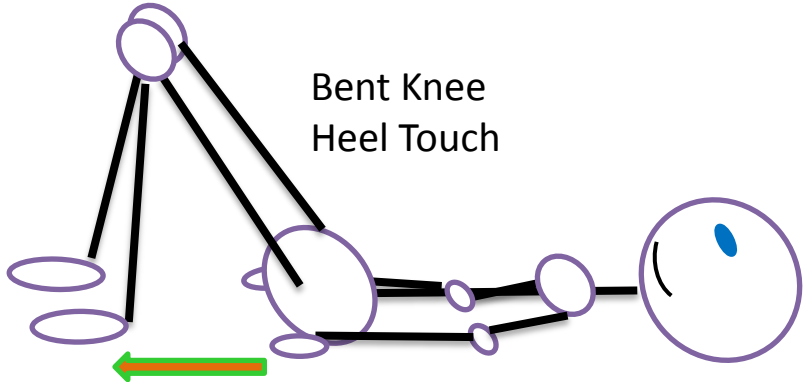


Warrior III

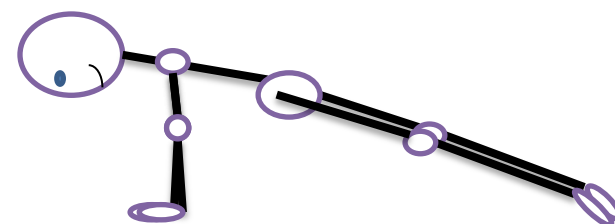
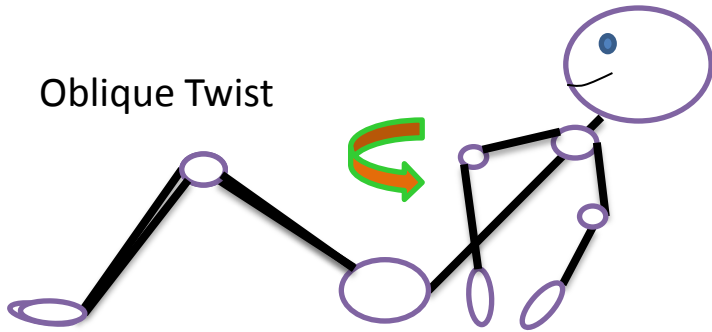


Triangle

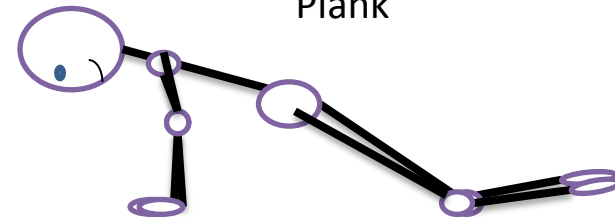




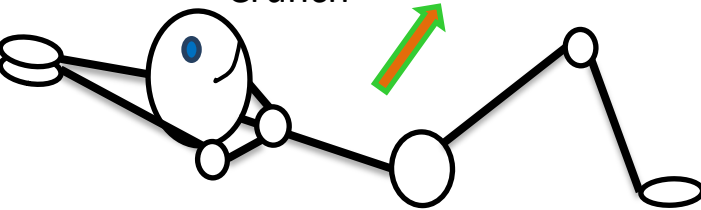
Oblique Twist



Plank



Long Arm
Crunch



Crunch

