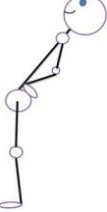
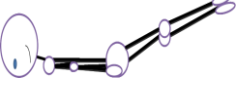



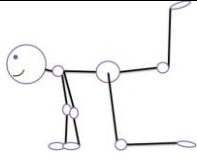
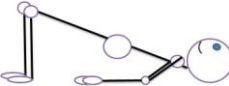
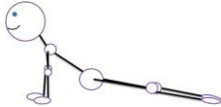
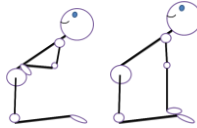

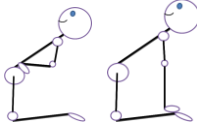

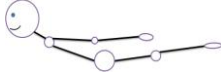
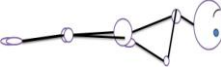
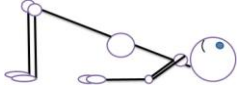


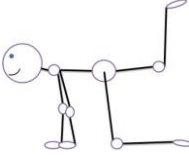
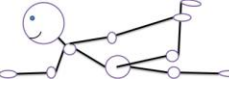
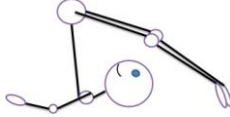


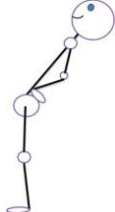




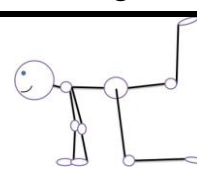

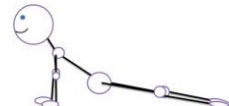
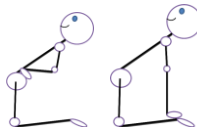

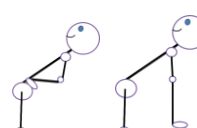


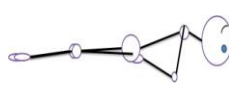
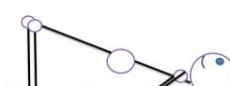


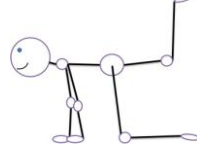
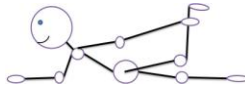
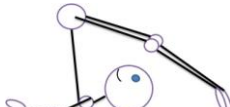
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 17</p>	 <p><b>Locust</b> 16</p>	 <p><b>Cobra</b> 13</p>	 <p><b>½ Locust</b> 20</p>	 <p><b>Superman</b> 11</p>
 <p><b>Sunbird</b> 12</p>	 <p><b>Bridge</b> 10</p>	 <p><b>Upward Dog</b> 4</p>	 <p><b>Camel</b> 7</p>	 <p><b>Baby Cobra</b> 1</p>
 <p><b>Camel</b> 3</p>	 <p><b>Bow</b> 18</p>	 <p><b>Shark</b> 9</p>	 <p><b>Fish</b> 8</p>	 <p><b>Bridge</b> 15</p>
 <p><b>Superman</b> 19</p>	 <p><b>½ Locust</b> 2</p>	 <p><b>Sunbird</b> 14</p>	 <p><b>½ Bow</b> 5</p>	 <p><b>Plough</b> 6</p>

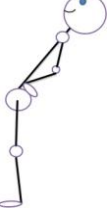


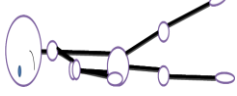

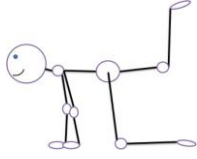
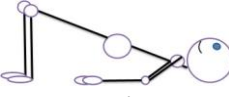
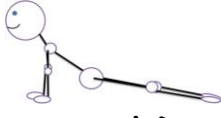
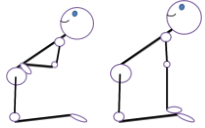
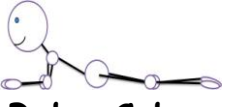
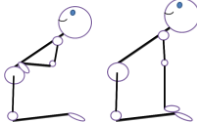

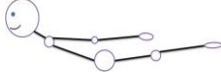
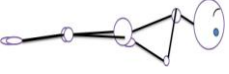
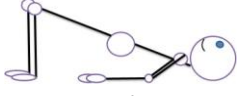


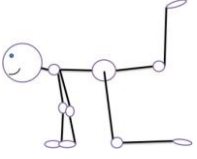
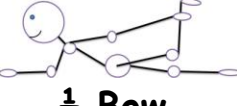
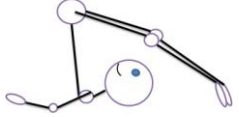
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 16</p>	 <p><b>Locust</b> 19</p>	 <p><b>Cobra</b> 4</p>	 <p><b>½ Locust</b> 12</p>	 <p><b>Superman</b> 5</p>
 <p><b>Sunbird</b> 11</p>	 <p><b>Bridge</b> 2</p>	 <p><b>Upward Dog</b> 13</p>	 <p><b>Camel</b> 9</p>	 <p><b>Baby Cobra</b> 1</p>
 <p><b>Camel</b> 7</p>	 <p><b>Bow</b> 8</p>	 <p><b>Shark</b> 3</p>	 <p><b>Fish</b> 17</p>	 <p><b>Bridge</b> 20</p>
 <p><b>Superman</b> 10</p>	 <p><b>½ Locust</b> 15</p>	 <p><b>Sunbird</b> 14</p>	 <p><b>½ Bow</b> 6</p>	 <p><b>Plough</b> 18</p>

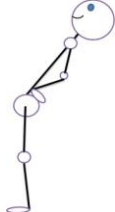




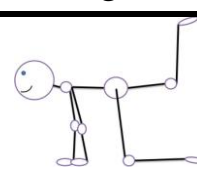

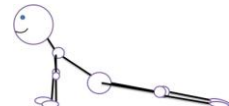
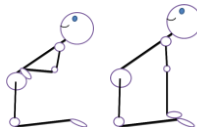

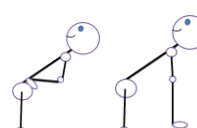


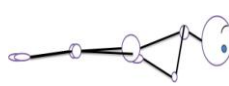
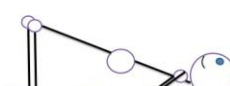


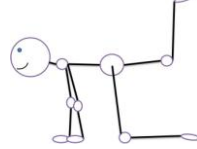
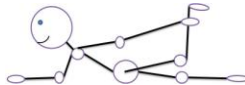
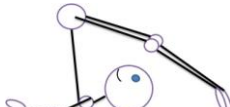
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 13</p>	 <p><b>Locust</b> 19</p>	 <p><b>Cobra</b> 18</p>	 <p><b>½ Locust</b> 8</p>	 <p><b>Superman</b> 12</p>
 <p><b>Sunbird</b> 6</p>	 <p><b>Bridge</b> 3</p>	 <p><b>Upward Dog</b> 9</p>	 <p><b>Camel</b> 4</p>	 <p><b>Baby Cobra</b> 14</p>
 <p><b>Camel</b> 16</p>	 <p><b>Bow</b> 17</p>	 <p><b>Shark</b> 5</p>	 <p><b>Fish</b> 20</p>	 <p><b>Bridge</b> 7</p>
 <p><b>Superman</b> 2</p>	 <p><b>½ Locust</b> 11</p>	 <p><b>Sunbird</b> 1</p>	 <p><b>½ Bow</b> 10</p>	 <p><b>Plough</b> 15</p>

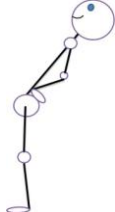
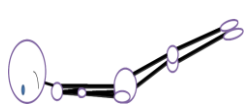



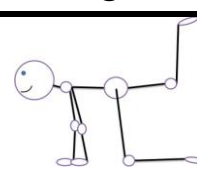

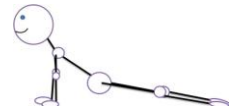
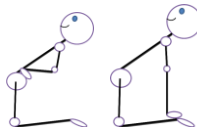

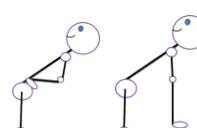
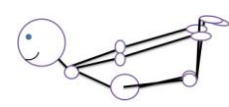

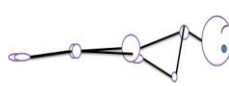
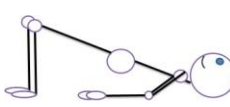

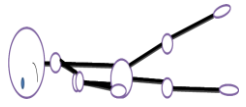
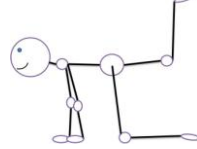

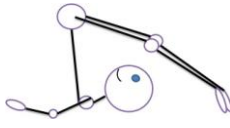
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 5</p>	 <p><b>Locust</b> 16</p>	 <p><b>Cobra</b> 13</p>	 <p><b>½ Locust</b> 14</p>	 <p><b>Superman</b> 8</p>
 <p><b>Sunbird</b> 2</p>	 <p><b>Bridge</b> 15</p>	 <p><b>Upward Dog</b> 9</p>	 <p><b>Camel</b> 19</p>	 <p><b>Baby Cobra</b> 12</p>
 <p><b>Camel</b> 7</p>	 <p><b>Bow</b> 1</p>	 <p><b>Shark</b> 11</p>	 <p><b>Fish</b> 10</p>	 <p><b>Bridge</b> 17</p>
 <p><b>Superman</b> 18</p>	 <p><b>½ Locust</b> 6</p>	 <p><b>Sunbird</b> 3</p>	 <p><b>½ Bow</b> 4</p>	 <p><b>Plough</b> 20</p>

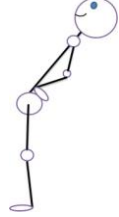



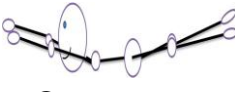
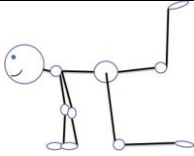
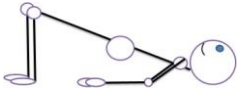
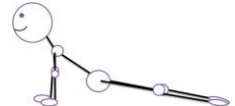
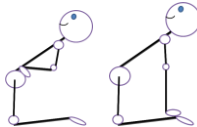

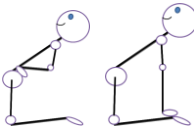
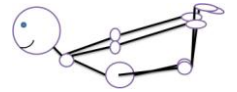
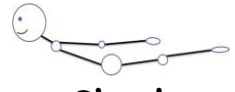
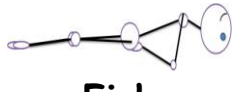
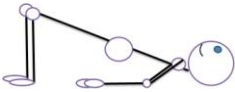
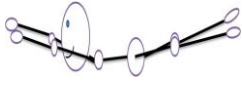

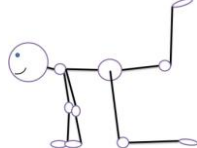
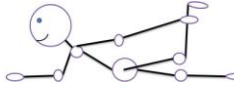
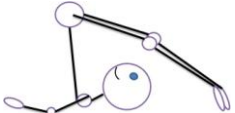
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 8</p>	 <p><b>Locust</b> 19</p>	 <p><b>Cobra</b> 15</p>	 <p><b>½ Locust</b> 20</p>	 <p><b>Superman</b> 3</p>
 <p><b>Sunbird</b> 16</p>	 <p><b>Bridge</b> 18</p>	 <p><b>Upward Dog</b> 5</p>	 <p><b>Camel</b> 7</p>	 <p><b>Baby Cobra</b> 1</p>
 <p><b>Camel</b> 10</p>	 <p><b>Bow</b> 6</p>	 <p><b>Shark</b> 17</p>	 <p><b>Fish</b> 4</p>	 <p><b>Bridge</b> 9</p>
 <p><b>Superman</b> 13</p>	 <p><b>½ Locust</b> 11</p>	 <p><b>Sunbird</b> 2</p>	 <p><b>½ Bow</b> 14</p>	 <p><b>Plough</b> 12</p>

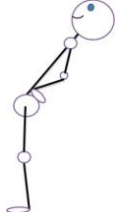




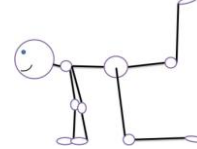

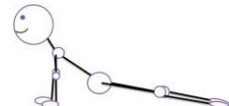
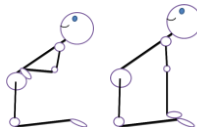

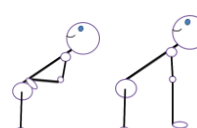


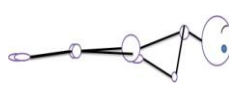
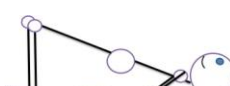


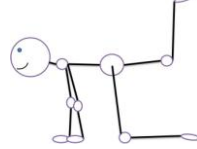
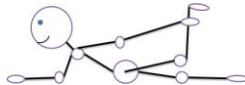
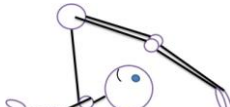
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 9</p>	 <p><b>Locust</b> 15</p>	 <p><b>Cobra</b> 12</p>	 <p><b>½ Locust</b> 16</p>	 <p><b>Superman</b> 13</p>
 <p><b>Sunbird</b> 7</p>	 <p><b>Bridge</b> 8</p>	 <p><b>Upward Dog</b> 19</p>	 <p><b>Camel</b> 18</p>	 <p><b>Baby Cobra</b> 17</p>
 <p><b>Camel</b> 6</p>	 <p><b>Bow</b> 11</p>	 <p><b>Shark</b> 5</p>	 <p><b>Fish</b> 10</p>	 <p><b>Bridge</b> 14</p>
 <p><b>Superman</b> 20</p>	 <p><b>½ Locust</b> 2</p>	 <p><b>Sunbird</b> 1</p>	 <p><b>½ Bow</b> 3</p>	 <p><b>Plough</b> 4</p>

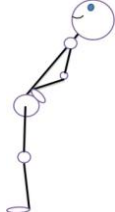
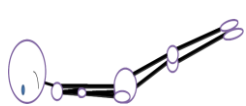



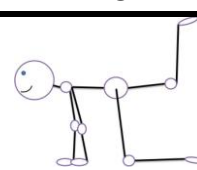

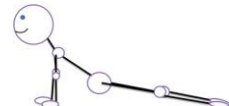
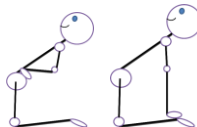

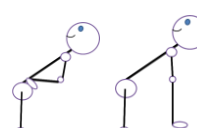
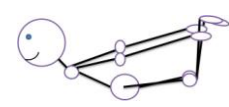

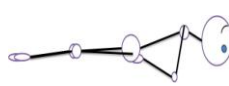
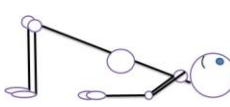

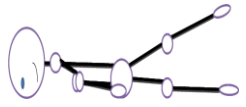
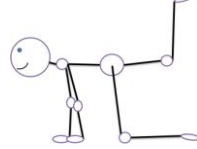

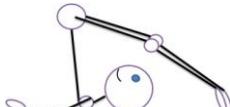
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 17</p>	 <p><b>Locust</b> 8</p>	 <p><b>Cobra</b> 1</p>	 <p><b>½ Locust</b> 3</p>	 <p><b>Superman</b> 7</p>
 <p><b>Sunbird</b> 2</p>	 <p><b>Bridge</b> 13</p>	 <p><b>Upward Dog</b> 10</p>	 <p><b>Camel</b> 6</p>	 <p><b>Baby Cobra</b> 4</p>
 <p><b>Camel</b> 12</p>	 <p><b>Bow</b> 5</p>	 <p><b>Shark</b> 11</p>	 <p><b>Fish</b> 19</p>	 <p><b>Bridge</b> 16</p>
 <p><b>Superman</b> 15</p>	 <p><b>½ Locust</b> 20</p>	 <p><b>Sunbird</b> 18</p>	 <p><b>½ Bow</b> 9</p>	 <p><b>Plough</b> 14</p>

# STRETCH AND FLEX

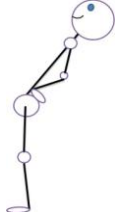
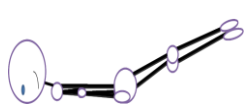



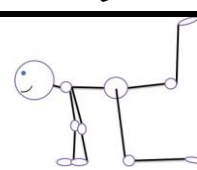

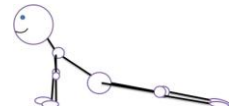
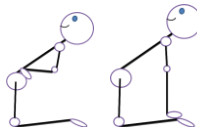

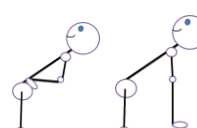
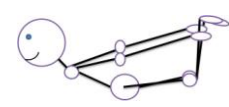

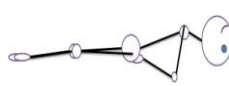
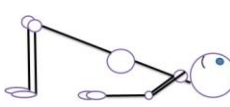

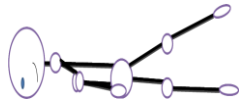
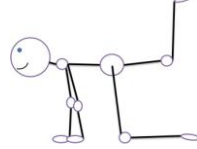

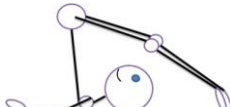
## BACKBENDS

 <p><b>Standing Backbend</b> 20</p>	 <p><b>Locust</b> 10</p>	 <p><b>Cobra</b> 19</p>	 <p><b>½ Locust</b> 16</p>	 <p><b>Superman</b> 7</p>
 <p><b>Sunbird</b> 3</p>	 <p><b>Bridge</b> 18</p>	 <p><b>Upward Dog</b> 17</p>	 <p><b>Camel</b> 2</p>	 <p><b>Baby Cobra</b> 15</p>
 <p><b>Camel</b> 12</p>	 <p><b>Bow</b> 5</p>	 <p><b>Shark</b> 1</p>	 <p><b>Fish</b> 11</p>	 <p><b>Bridge</b> 9</p>
 <p><b>Superman</b> 8</p>	 <p><b>½ Locust</b> 6</p>	 <p><b>Sunbird</b> 14</p>	 <p><b>½ Bow</b> 4</p>	 <p><b>Plough</b> 13</p>



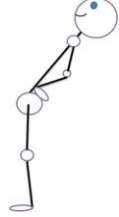

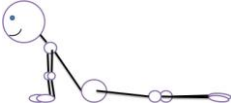


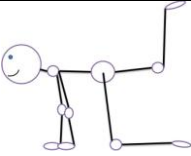
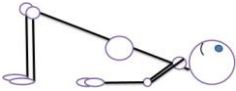
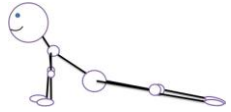
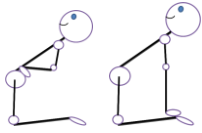

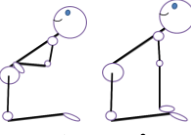
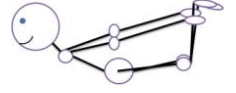
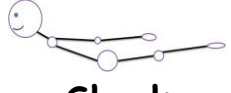




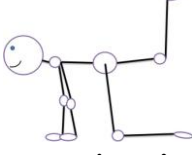
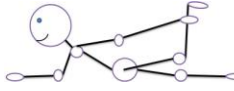
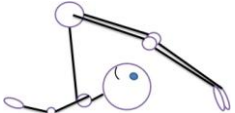
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 9</p>	 <p><b>Locust</b> 7</p>	 <p><b>Cobra</b> 15</p>	 <p><b>½ Locust</b> 20</p>	 <p><b>Superman</b> 5</p>
 <p><b>Sunbird</b> 2</p>	 <p><b>Bridge</b> 10</p>	 <p><b>Upward Dog</b> 4</p>	 <p><b>Camel</b> 19</p>	 <p><b>Baby Cobra</b> 18</p>
 <p><b>Camel</b> 3</p>	 <p><b>Bow</b> 13</p>	 <p><b>Shark</b> 1</p>	 <p><b>Fish</b> 11</p>	 <p><b>Bridge</b> 17</p>
 <p><b>Superman</b> 16</p>	 <p><b>½ Locust</b> 14</p>	 <p><b>Sunbird</b> 12</p>	 <p><b>½ Bow</b> 6</p>	 <p><b>Plough</b> 8</p>

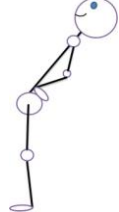

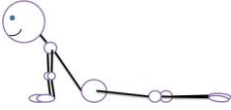


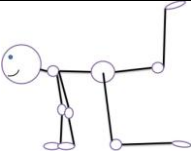
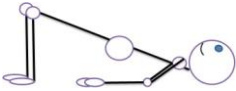
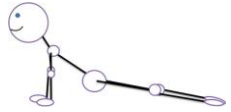
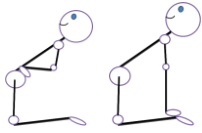

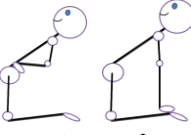
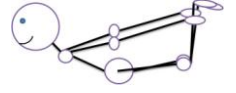
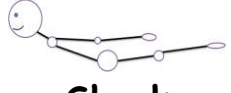




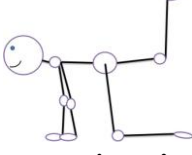
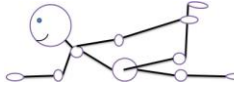
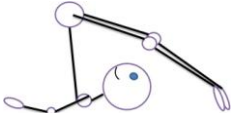
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 16</p>	 <p><b>Locust</b> 5</p>	 <p><b>Cobra</b> 14</p>	 <p><b>½ Locust</b> 20</p>	 <p><b>Superman</b> 18</p>
 <p><b>Sunbird</b> 2</p>	 <p><b>Bridge</b> 12</p>	 <p><b>Upward Dog</b> 11</p>	 <p><b>Camel</b> 6</p>	 <p><b>Baby Cobra</b> 3</p>
 <p><b>Camel</b> 10</p>	 <p><b>Bow</b> 19</p>	 <p><b>Shark</b> 1</p>	 <p><b>Fish</b> 17</p>	 <p><b>Bridge</b> 9</p>
 <p><b>Superman</b> 15</p>	 <p><b>½ Locust</b> 8</p>	 <p><b>Sunbird</b> 4</p>	 <p><b>½ Bow</b> 7</p>	 <p><b>Plough</b> 13</p>

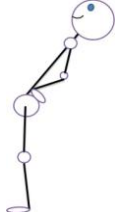
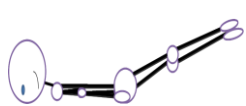



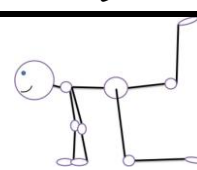
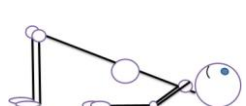
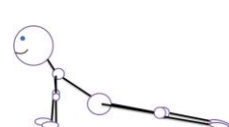
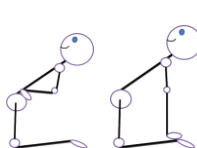

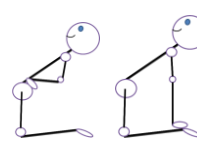
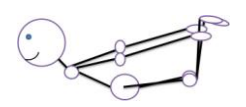

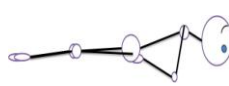
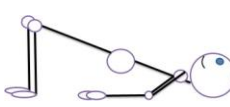
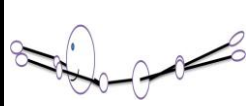

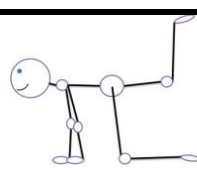
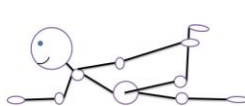
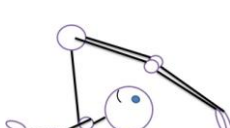
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 2</p>	 <p><b>Locust</b> 19</p>	 <p><b>Cobra</b> 3</p>	 <p><b>½ Locust</b> 1</p>	 <p><b>Superman</b> 13</p>
 <p><b>Sunbird</b> 11</p>	 <p><b>Bridge</b> 20</p>	 <p><b>Upward Dog</b> 7</p>	 <p><b>Camel</b> 15</p>	 <p><b>Baby Cobra</b> 17</p>
 <p><b>Camel</b> 10</p>	 <p><b>Bow</b> 18</p>	 <p><b>Shark</b> 5</p>	 <p><b>Fish</b> 9</p>	 <p><b>Bridge</b> 12</p>
 <p><b>Superman</b> 14</p>	 <p><b>½ Locust</b> 4</p>	 <p><b>Sunbird</b> 16</p>	 <p><b>½ Bow</b> 6</p>	 <p><b>Plough</b> 8</p>

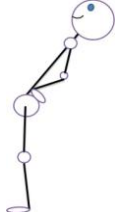




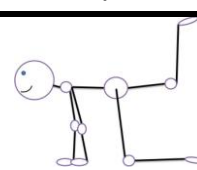

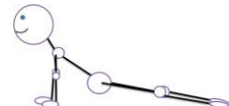
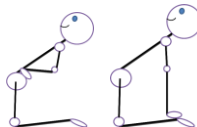

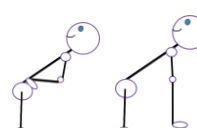


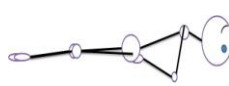
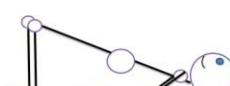


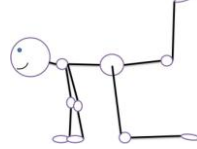
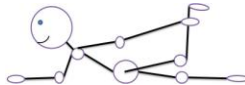
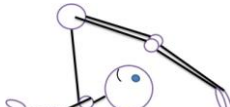
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 9</p>	 <p><b>Locust</b> 14</p>	 <p><b>Cobra</b> 6</p>	 <p><b>½ Locust</b> 20</p>	 <p><b>Superman</b> 4</p>
 <p><b>Sunbird</b> 13</p>	 <p><b>Bridge</b> 11</p>	 <p><b>Upward Dog</b> 8</p>	 <p><b>Camel</b> 19</p>	 <p><b>Baby Cobra</b> 10</p>
 <p><b>Camel</b> 3</p>	 <p><b>Bow</b> 5</p>	 <p><b>Shark</b> 18</p>	 <p><b>Fish</b> 16</p>	 <p><b>Bridge</b> 1</p>
 <p><b>Superman</b> 15</p>	 <p><b>½ Locust</b> 7</p>	 <p><b>Sunbird</b> 12</p>	 <p><b>½ Bow</b> 17</p>	 <p><b>Plough</b> 2</p>

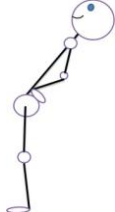




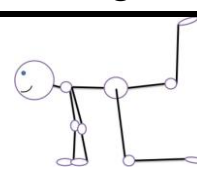

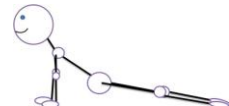
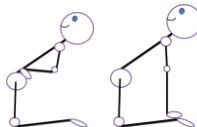

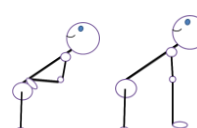


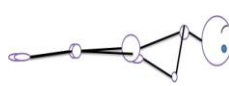
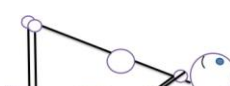


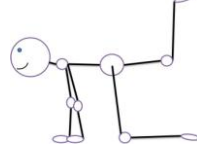
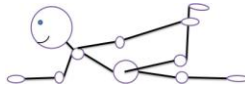
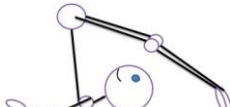
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 7</p>	 <p><b>Locust</b> 1</p>	 <p><b>Cobra</b> 19</p>	 <p><b>½ Locust</b> 10</p>	 <p><b>Superman</b> 3</p>
 <p><b>Sunbird</b> 11</p>	 <p><b>Bridge</b> 20</p>	 <p><b>Upward Dog</b> 15</p>	 <p><b>Camel</b> 6</p>	 <p><b>Baby Cobra</b> 2</p>
 <p><b>Camel</b> 16</p>	 <p><b>Bow</b> 12</p>	 <p><b>Shark</b> 8</p>	 <p><b>Fish</b> 4</p>	 <p><b>Bridge</b> 9</p>
 <p><b>Superman</b> 13</p>	 <p><b>½ Locust</b> 18</p>	 <p><b>Sunbird</b> 17</p>	 <p><b>½ Bow</b> 5</p>	 <p><b>Plough</b> 14</p>

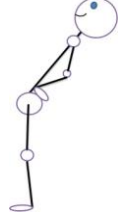




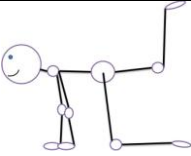
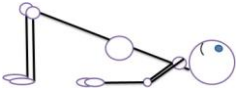

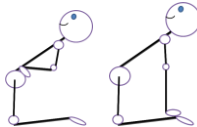

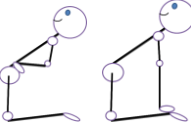
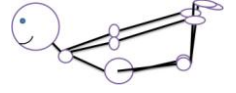

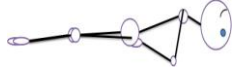



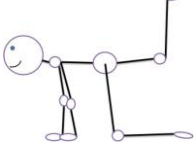
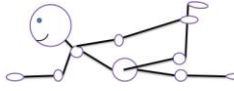
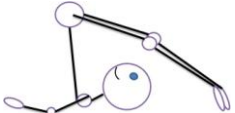
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 18</p>	 <p><b>Locust</b> 9</p>	 <p><b>Cobra</b> 4</p>	 <p><b>½ Locust</b> 7</p>	 <p><b>Superman</b> 10</p>
 <p><b>Sunbird</b> 14</p>	 <p><b>Bridge</b> 20</p>	 <p><b>Upward Dog</b> 16</p>	 <p><b>Camel</b> 1</p>	 <p><b>Baby Cobra</b> 15</p>
 <p><b>Camel</b> 11</p>	 <p><b>Bow</b> 12</p>	 <p><b>Shark</b> 13</p>	 <p><b>Fish</b> 8</p>	 <p><b>Bridge</b> 6</p>
 <p><b>Superman</b> 17</p>	 <p><b>½ Locust</b> 5</p>	 <p><b>Sunbird</b> 2</p>	 <p><b>½ Bow</b> 3</p>	 <p><b>Plough</b> 19</p>

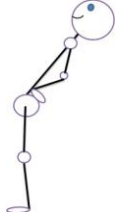




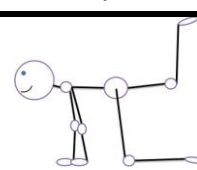

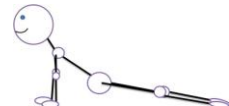
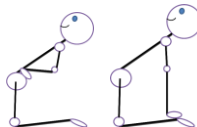

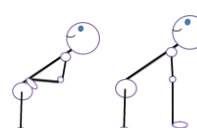


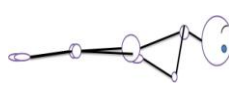
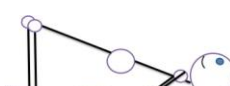


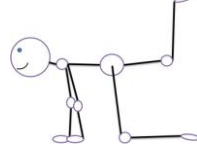
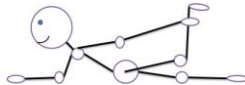
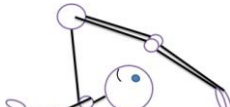
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 12</p>	 <p><b>Locust</b> 15</p>	 <p><b>Cobra</b> 3</p>	 <p><b>½ Locust</b> 9</p>	 <p><b>Superman</b> 14</p>
 <p><b>Sunbird</b> 20</p>	 <p><b>Bridge</b> 2</p>	 <p><b>Upward Dog</b> 4</p>	 <p><b>Camel</b> 17</p>	 <p><b>Baby Cobra</b> 8</p>
 <p><b>Camel</b> 6</p>	 <p><b>Bow</b> 19</p>	 <p><b>Shark</b> 10</p>	 <p><b>Fish</b> 11</p>	 <p><b>Bridge</b> 13</p>
 <p><b>Superman</b> 5</p>	 <p><b>½ Locust</b> 18</p>	 <p><b>Sunbird</b> 16</p>	 <p><b>½ Bow</b> 1</p>	 <p><b>Plough</b> 7</p>

# STRETCH AND FLEX

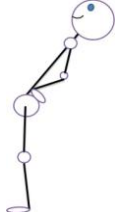
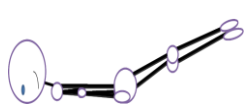



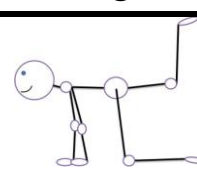
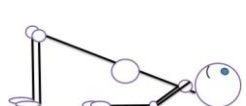
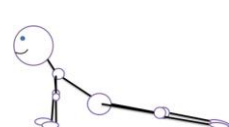
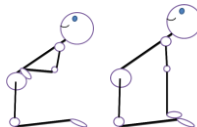
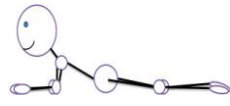
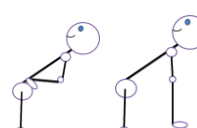
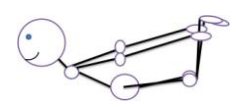

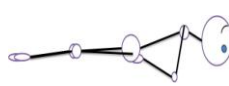
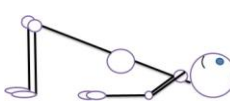

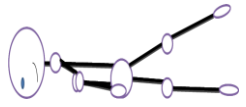
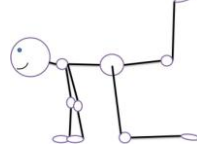

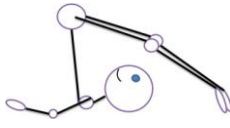
## BACKBENDS

 <p><b>Standing Backbend</b> 7</p>	 <p><b>Locust</b> 16</p>	 <p><b>Cobra</b> 2</p>	 <p><b>½ Locust</b> 13</p>	 <p><b>Superman</b> 8</p>
 <p><b>Sunbird</b> 9</p>	 <p><b>Bridge</b> 5</p>	 <p><b>Upward Dog</b> 10</p>	 <p><b>Camel</b> 15</p>	 <p><b>Baby Cobra</b> 3</p>
 <p><b>Camel</b> 11</p>	 <p><b>Bow</b> 17</p>	 <p><b>Shark</b> 18</p>	 <p><b>Fish</b> 14</p>	 <p><b>Bridge</b> 20</p>
 <p><b>Superman</b> 12</p>	 <p><b>½ Locust</b> 1</p>	 <p><b>Sunbird</b> 19</p>	 <p><b>½ Bow</b> 4</p>	 <p><b>Plough</b> 6</p>



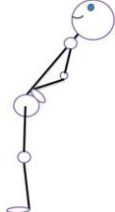
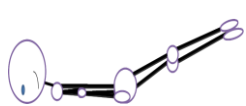


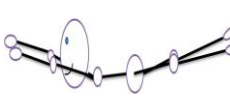
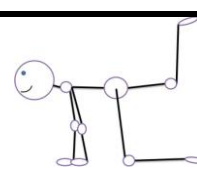

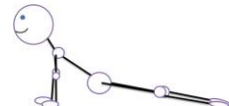
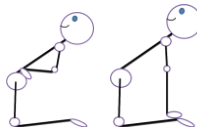
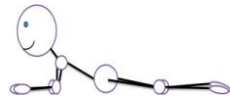
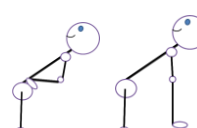
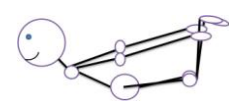
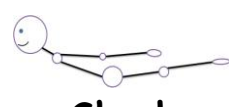
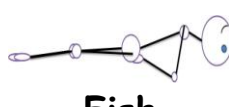
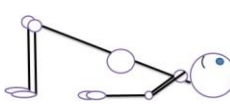

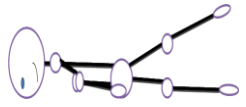
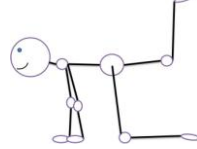

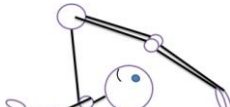
# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 18</p>	 <p><b>Locust</b> 14</p>	 <p><b>Cobra</b> 10</p>	 <p><b>½ Locust</b> 8</p>	 <p><b>Superman</b> 6</p>
 <p><b>Sunbird</b> 12</p>	 <p><b>Bridge</b> 20</p>	 <p><b>Upward Dog</b> 2</p>	 <p><b>Camel</b> 17</p>	 <p><b>Baby Cobra</b> 7</p>
 <p><b>Camel</b> 9</p>	 <p><b>Bow</b> 19</p>	 <p><b>Shark</b> 15</p>	 <p><b>Fish</b> 1</p>	 <p><b>Bridge</b> 16</p>
 <p><b>Superman</b> 11</p>	 <p><b>½ Locust</b> 13</p>	 <p><b>Sunbird</b> 3</p>	 <p><b>½ Bow</b> 5</p>	 <p><b>Plough</b> 4</p>

# STRETCH AND FLEX

## BACKBENDS

 <p><b>Standing Backbend</b> 1</p>	 <p><b>Locust</b> 19</p>	 <p><b>Cobra</b> 6</p>	 <p><b>½ Locust</b> 11</p>	 <p><b>Superman</b> 18</p>
 <p><b>Sunbird</b> 7</p>	 <p><b>Bridge</b> 20</p>	 <p><b>Upward Dog</b> 12</p>	 <p><b>Camel</b> 8</p>	 <p><b>Baby Cobra</b> 15</p>
 <p><b>Camel</b> 3</p>	 <p><b>Bow</b> 9</p>	 <p><b>Shark</b> 16</p>	 <p><b>Fish</b> 2</p>	 <p><b>Bridge</b> 14</p>
 <p><b>Superman</b> 13</p>	 <p><b>½ Locust</b> 5</p>	 <p><b>Sunbird</b> 17</p>	 <p><b>½ Bow</b> 10</p>	 <p><b>Plough</b> 4</p>