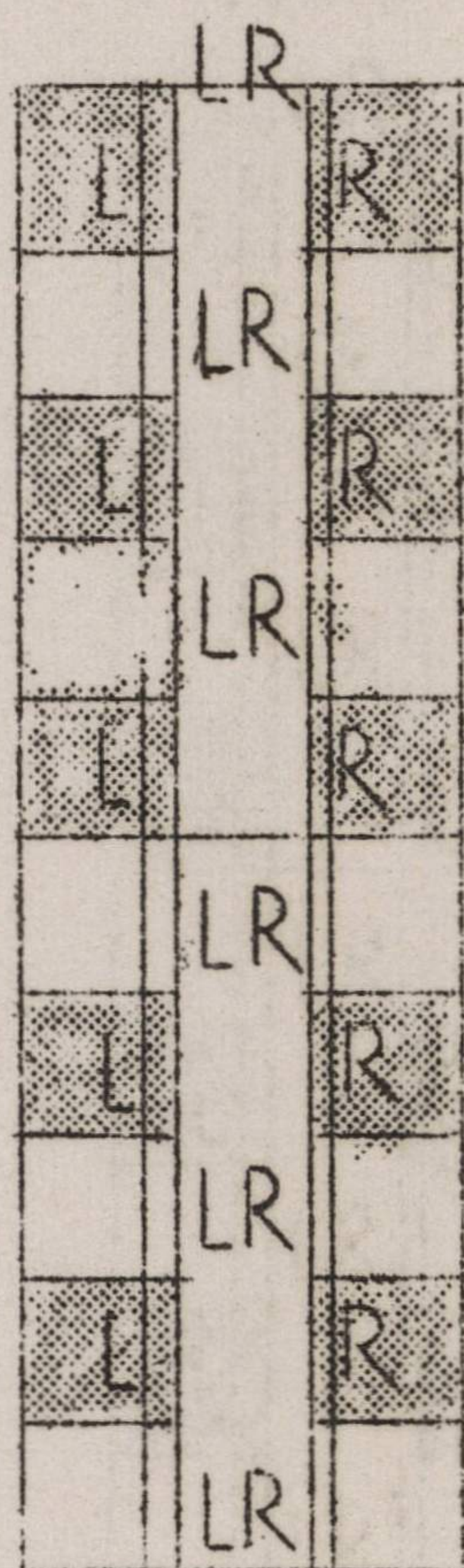
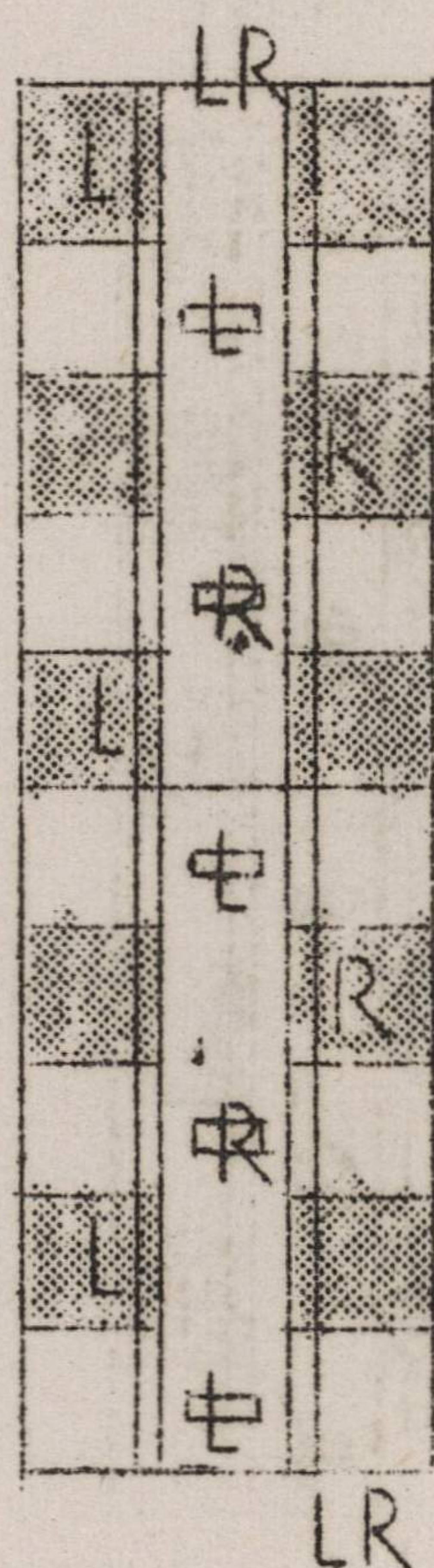


EXERCISE I
Straddle Jump
finish



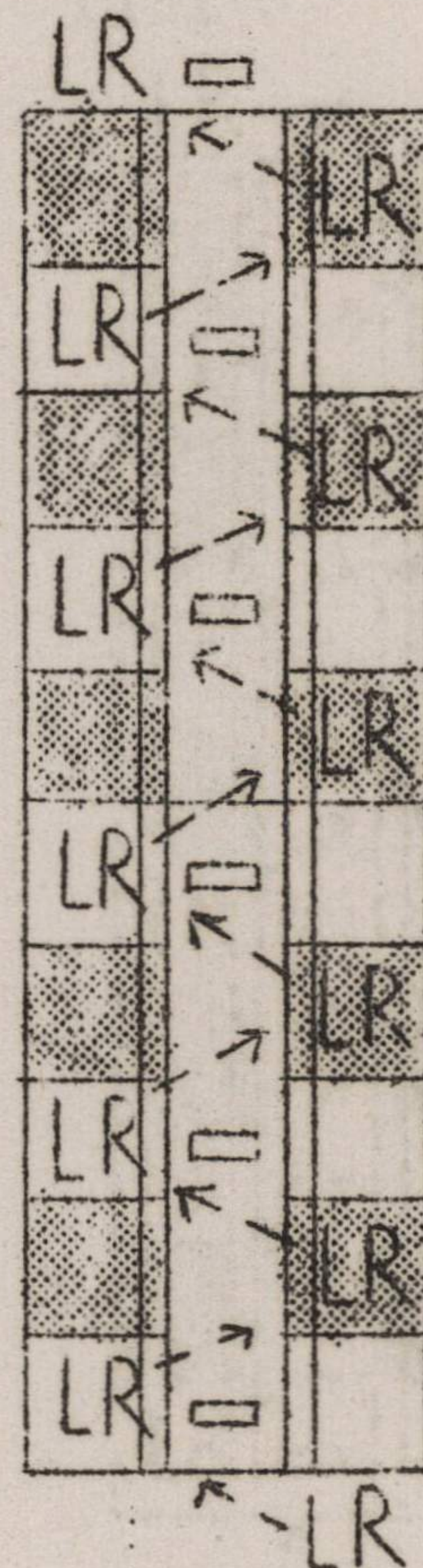
Start

EXERCISE II
Stagger Skips
finish



Start

EXERCISE III
Stagger Jump
finish



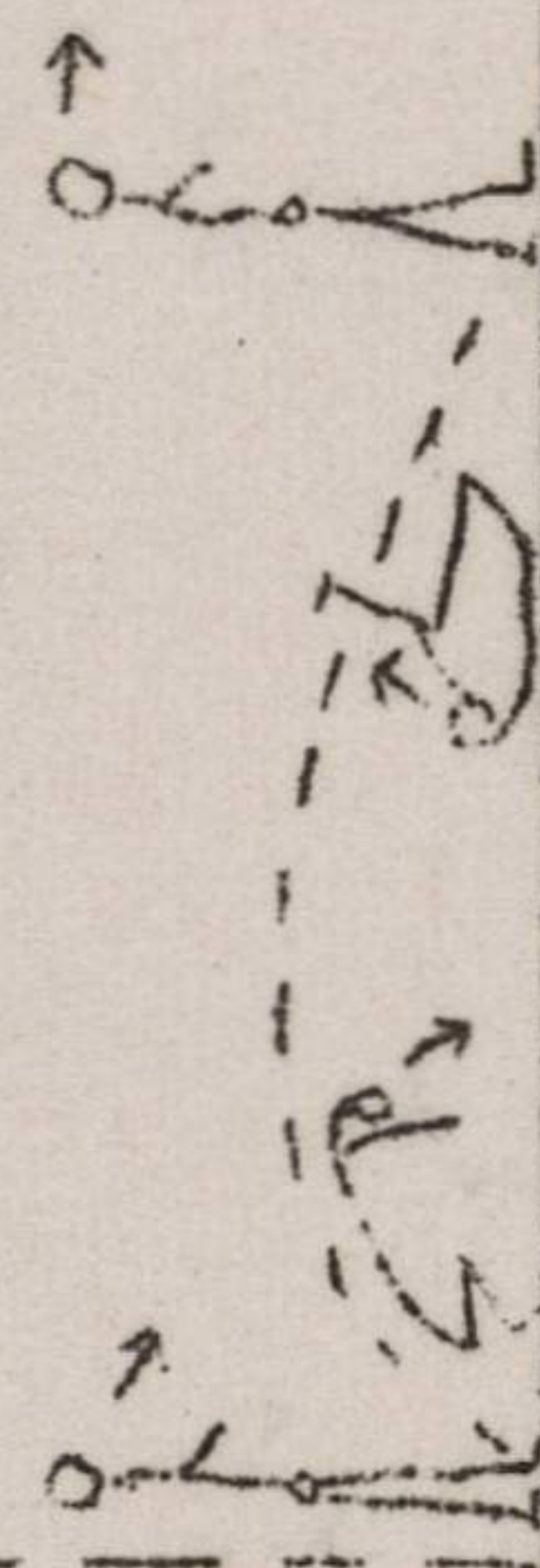
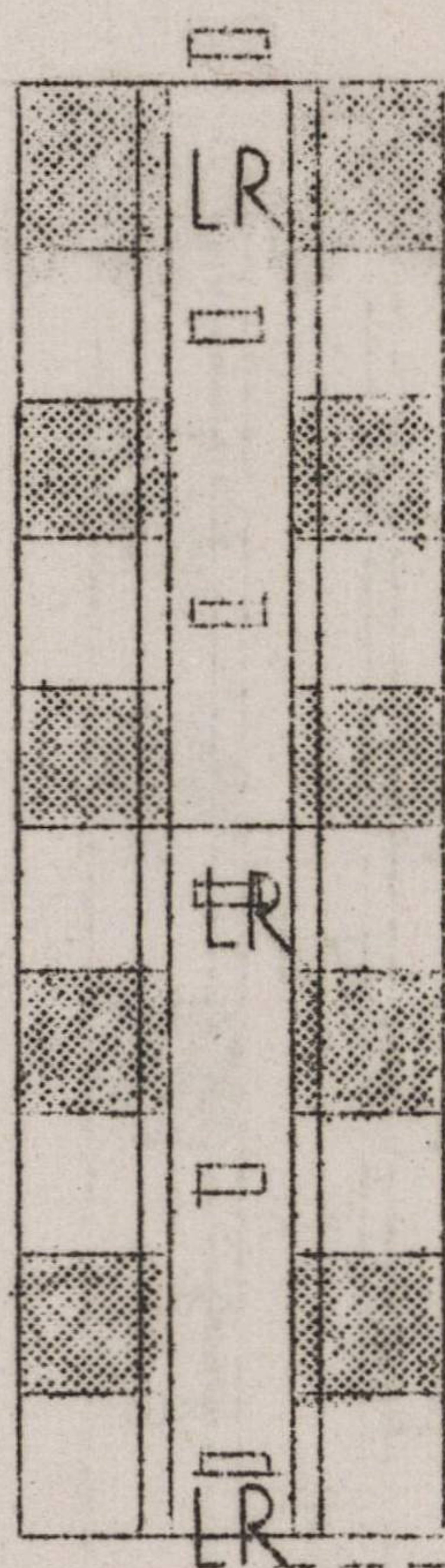
Start

EXERCISE IV
Forward Skip
Holding Opposite Foot
From Behind
finish

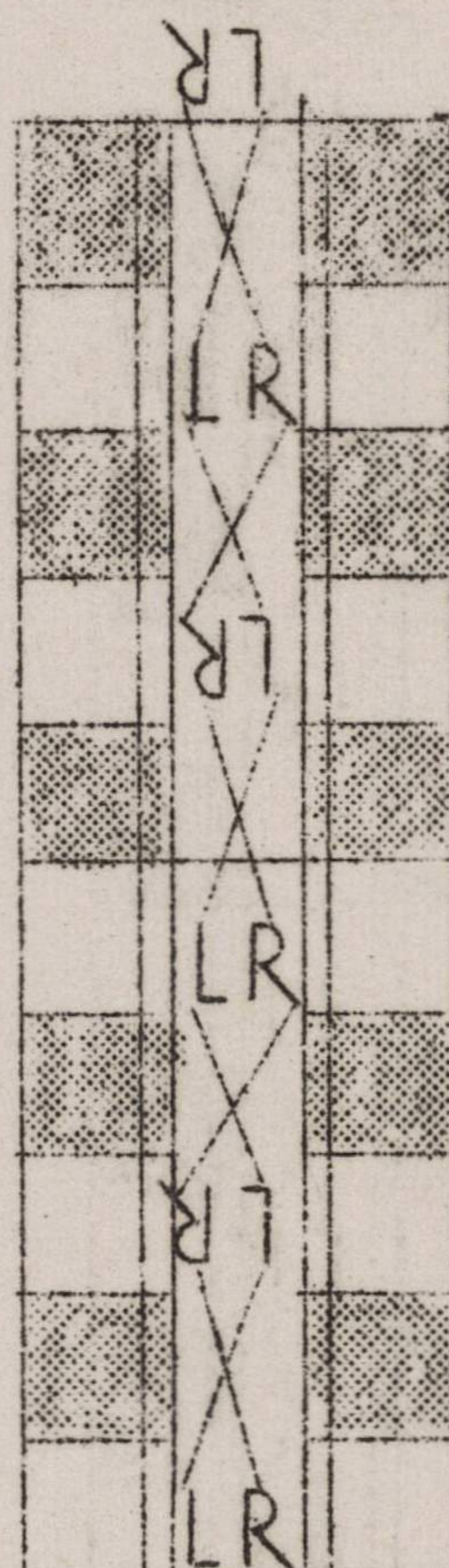


Start

EXERCISE V
Forward Rolls
finish

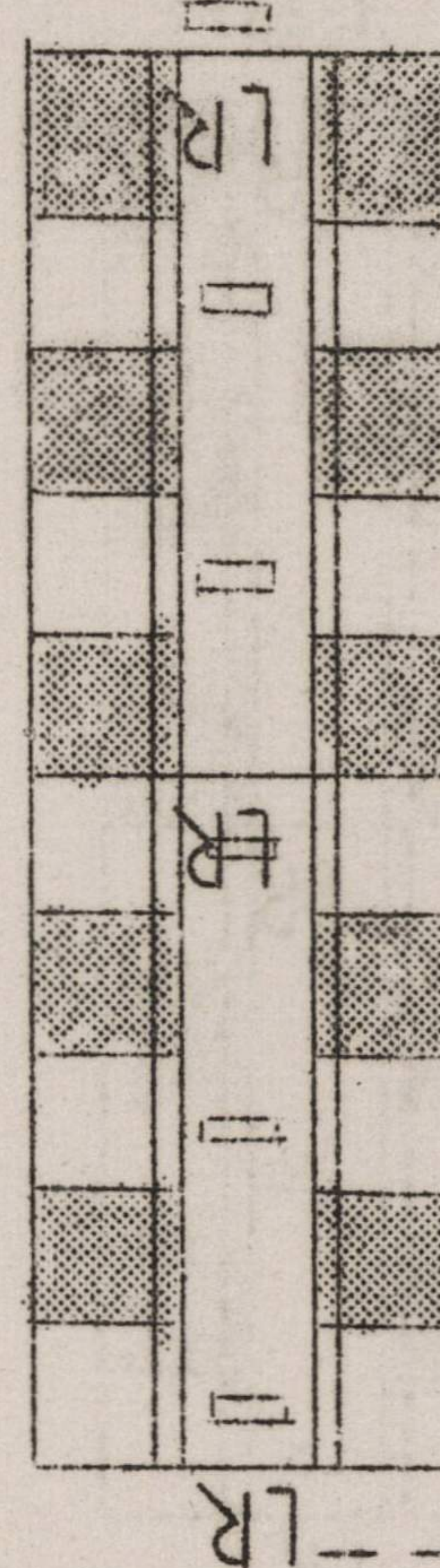


EXERCISE VI
Half Turns R or L
finish



start

EXERCISE VII
Backward Rolls
finish



start

