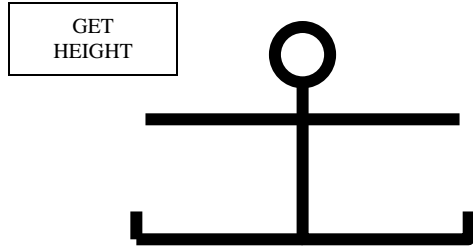
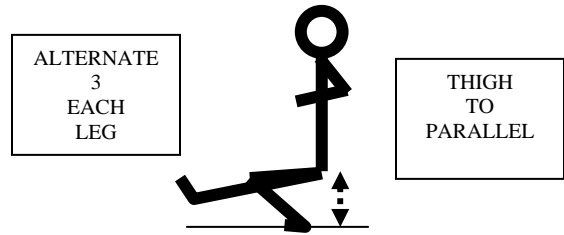


A1 : STRADDLES



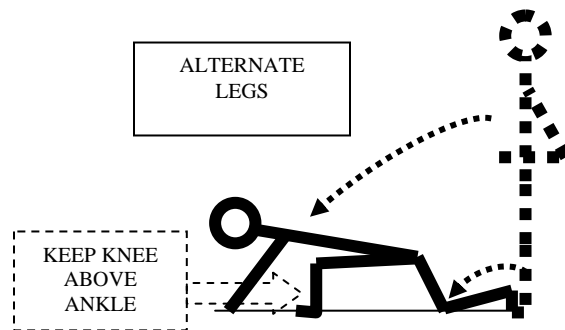
A5: ONE LEGGED SQUATS



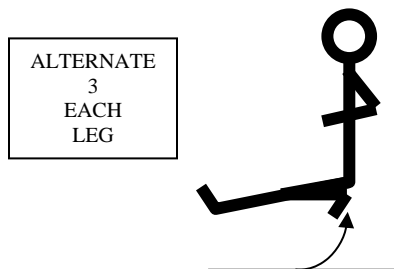
A2 : STARS



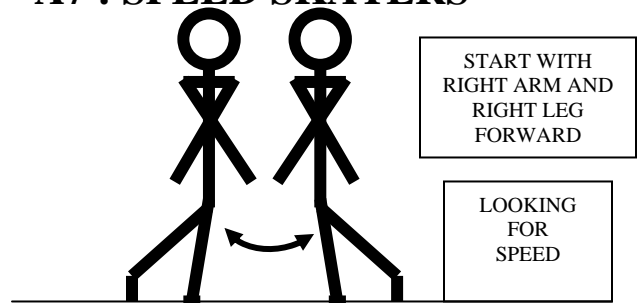
A6 : LUNGE GOOD MORNING



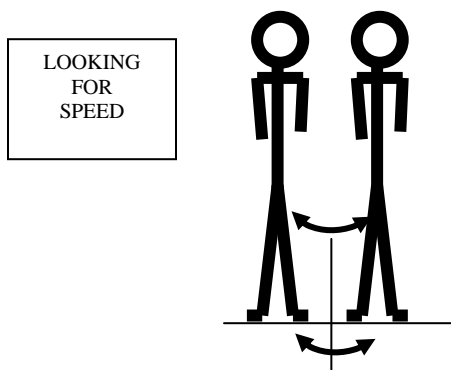
A3 SINGLE LEG BUTT KICKS



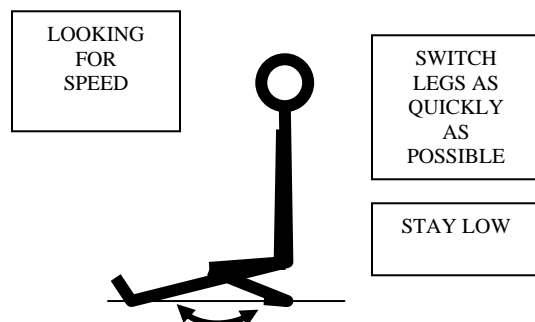
A7 : SPEED SKATERS



A4 : SLALOM LINES



A8 : RUSSIAN KICKS



B1 : SPLITS

KEEP KNEE ABOVE ANKLE

GET HEIGHT

ALTERNATE LEGS

The diagram shows a stick figure in three stages of a split. In the first stage, the figure is in a low split position. In the second stage, the figure is in a higher split position. In the third stage, the figure is back in a low split position. Dashed lines and arrows indicate the movement of the legs and the height of the knees.

B5 : ROCKETS

GET HEIGHT

The diagram shows a stick figure in two stages of a rocket jump. In the first stage, the figure is in a low crouch. In the second stage, the figure is in a high jump position with arms extended upwards.

B2 : TUCKS

BRING KNEES UP AS TIGHTLY AS POSSIBLE

The diagram shows a stick figure in three stages of a tuck. In the first stage, the figure is standing upright. In the second stage, the figure is in a tuck position with knees pulled up towards the chest. In the third stage, the figure is standing upright again.

B6 : PRISONER SQUATS

SQUAT TO PARALLEL

The diagram shows a stick figure in two stages of a prisoner squat. In the first stage, the figure is in a squat position with arms extended upwards. In the second stage, the figure is in a high jump position with arms extended upwards.

B3 : DOUBLE LEG BUTT KICKS

The diagram shows a stick figure in three stages of a double leg butt kick. In the first stage, the figure is standing upright. In the second stage, the figure is in a butt kick position with both legs kicked up towards the buttocks. In the third stage, the figure is standing upright again.

B7 : LATERAL SQUAT JUMP

FEET SHOULDER WIDTH APART

KNEES BENT

JUMP A SHOULDER WIDTH OF DISTANCE

The diagram shows a stick figure in two stages of a lateral squat jump. In the first stage, the figure is in a squat position with feet shoulder-width apart. In the second stage, the figure is in a high jump position with feet shoulder-width apart.

B4 : POGOS

KEEP LEGS STRAIGHT

LOOKING FOR SPEED AND HEIGHT

DRIVING WITH CALVES ONLY

The diagram shows a stick figure in three stages of a pogo. In the first stage, the figure is standing upright. In the second stage, the figure is in a pogo position with legs straight and feet on the ground. In the third stage, the figure is standing upright again.

B8 : DOWN HILL SKIERS

GO DOWN ONLY TO PARALLEL

GET HEIGHT

The diagram shows a stick figure in three stages of a downhill skier. In the first stage, the figure is in a low crouch. In the second stage, the figure is in a high jump position. In the third stage, the figure is back in a low crouch.