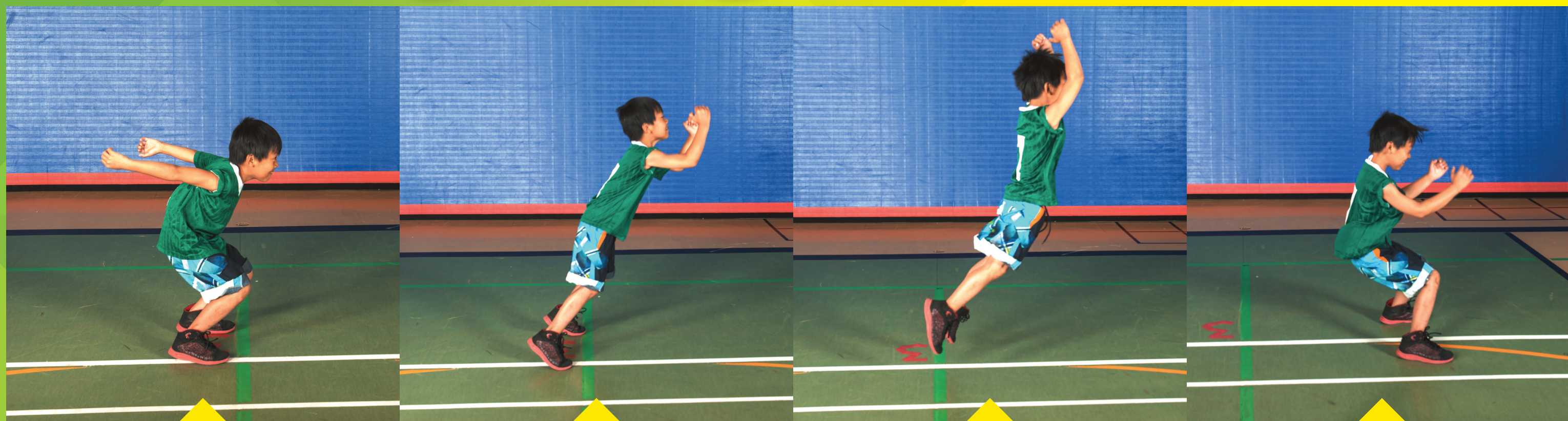




Scan QR Code to view video demonstration

# Jumping



## READY POSITION

- Legs bent, arms swing back, feet apart

## ACTION

- Thrusts arms forward and upward

## ACTION

- Forceful extension of hips, knees, ankles

## LANDING

- Balanced landing with feet apart and legs bent