

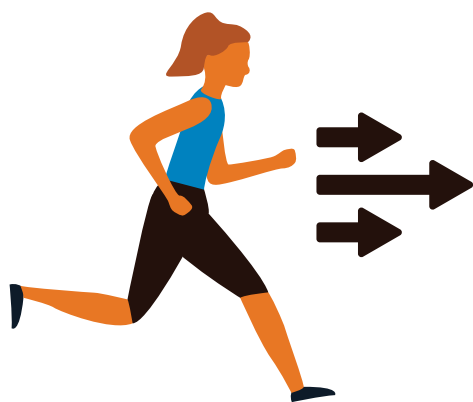
Run



Run



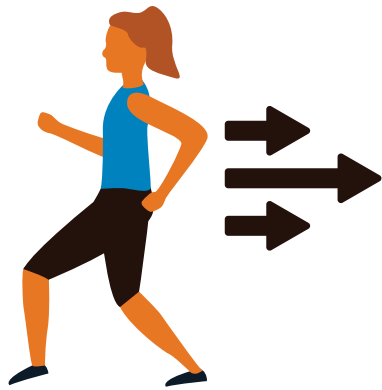
Run



Run



Run Backwards



Run Backwards



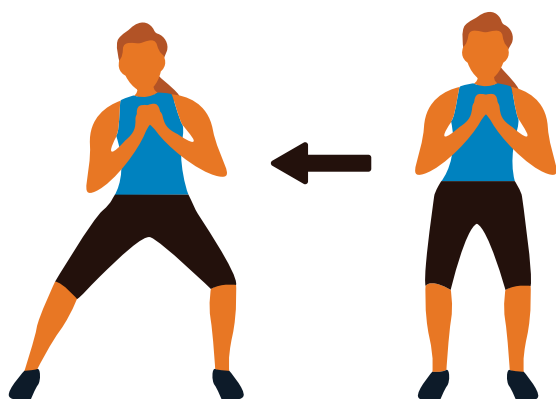
Jump



Jump



Side Step Left

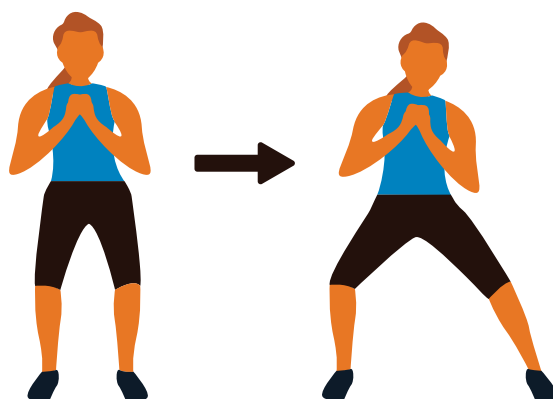


2

1



Side Step Right

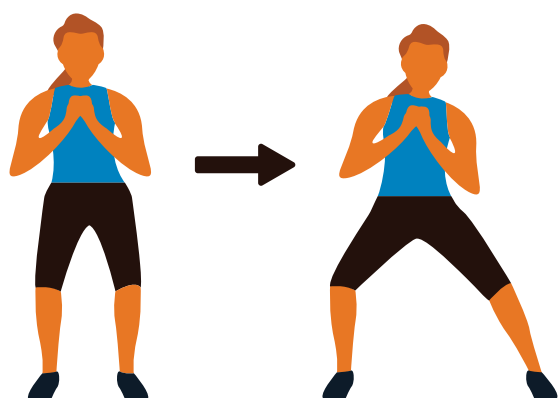


1

2



Side Step Right

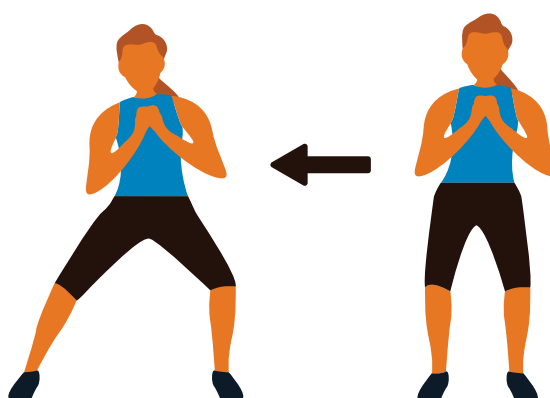


1

2



Side Step Left



2

1



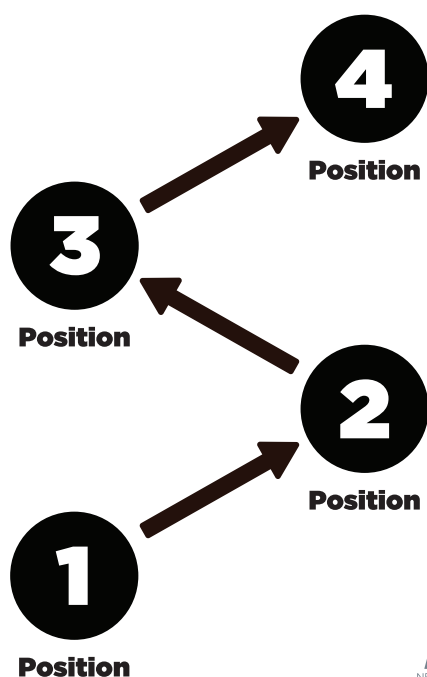
Pivot (Turn Around)



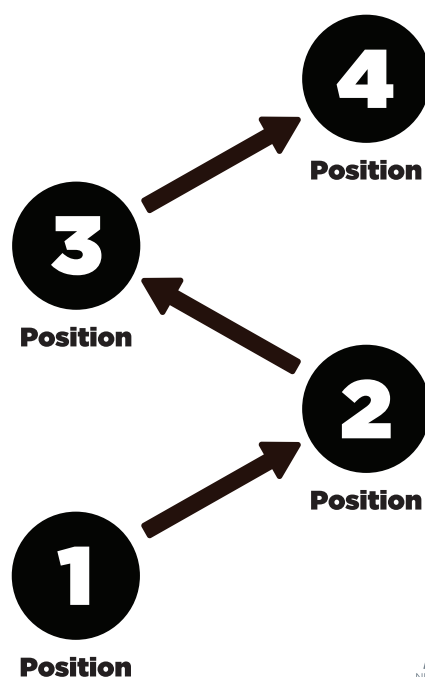
Pivot (Turn Around)



Dodge (Change Direction)



Dodge (Change Direction)



Hands Up Defending

(Balance on toes
for three seconds)

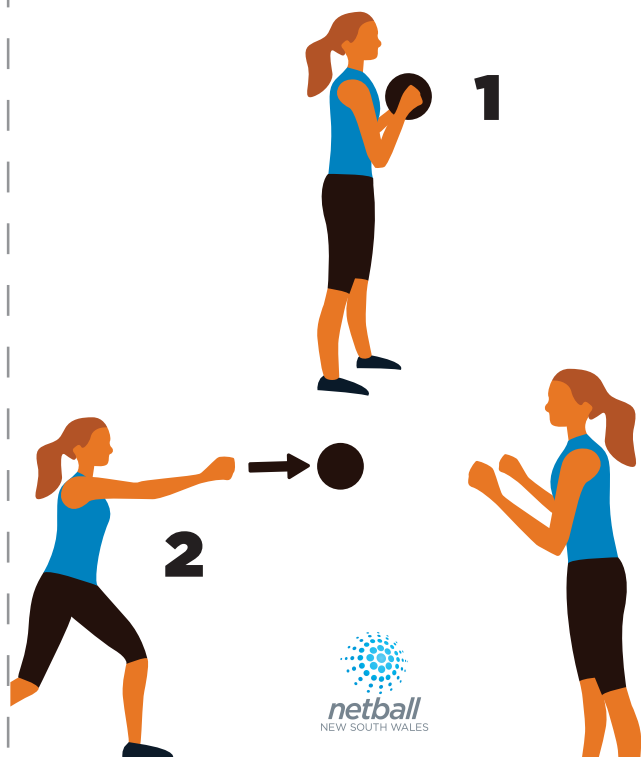


Hands Up Defending

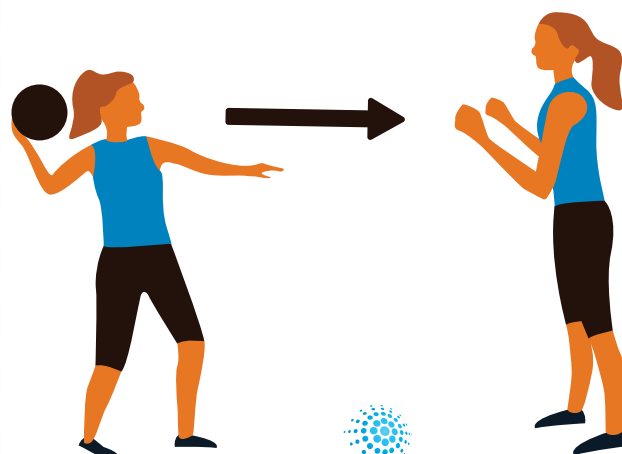
(Balance on toes
for three seconds)



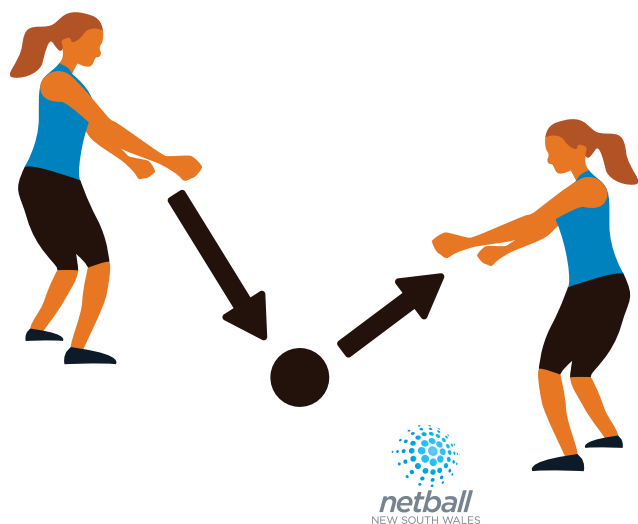
Chest Pass



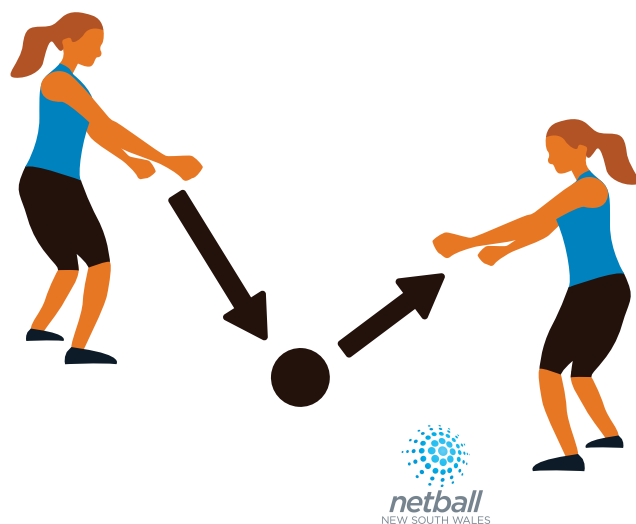
Shoulder Pass



Bounce Pass



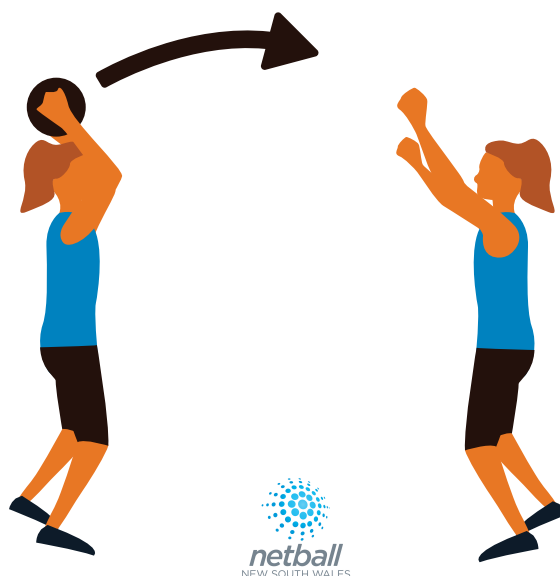
Bounce Pass



Lob Pass



Overhead Pass



10 Star Jumps



1



2



20 High Knees



1



2



10 Sit Ups



1

2



10 Lunges



1



2



10 Squats



1



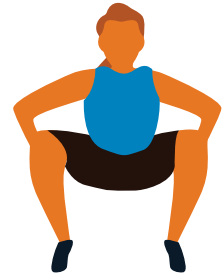
2



5 Tuck Jumps



1



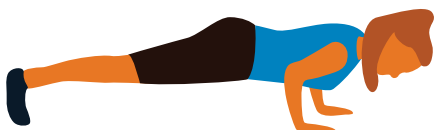
2



Push Up



1



2



Plank (30 Seconds)

