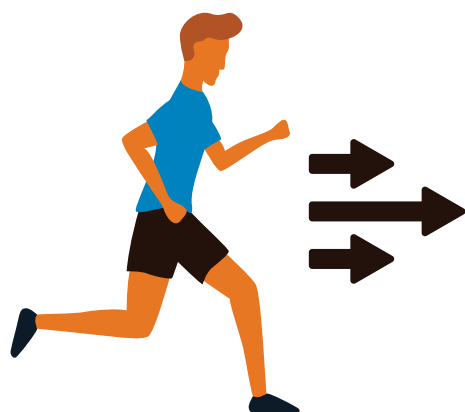
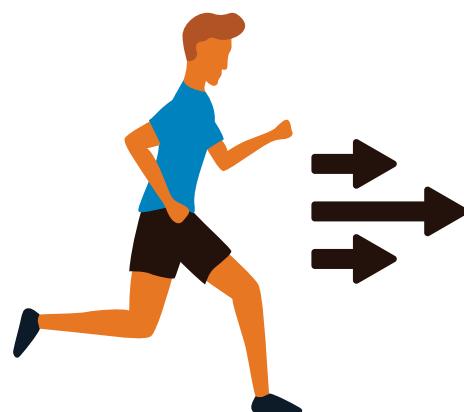


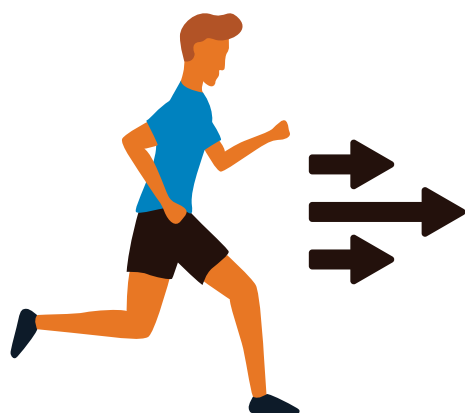
**Run**



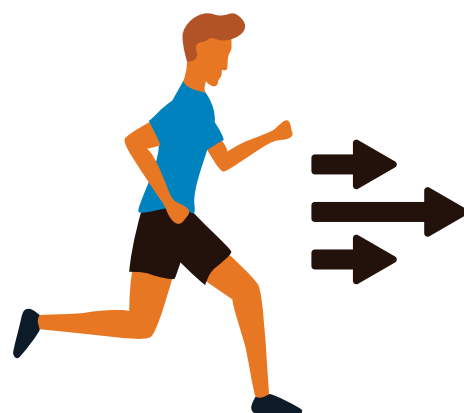
**Run**



**Run**



**Run**



## Run Backwards



## Run Backwards



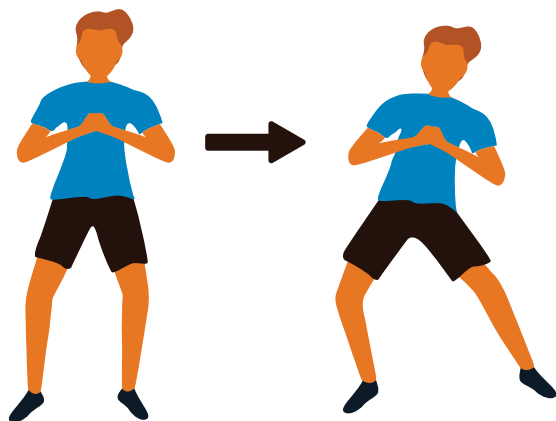
## Jump



## Jump



## Side Step Right

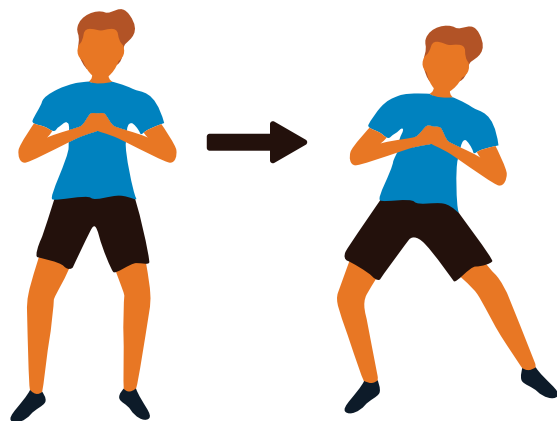


1

2



## Side Step Right

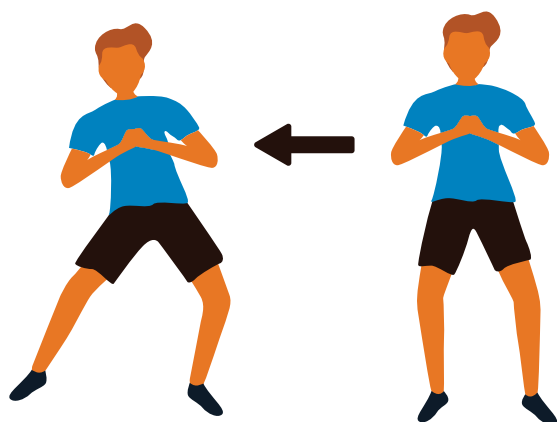


1

2



## Side Step Left

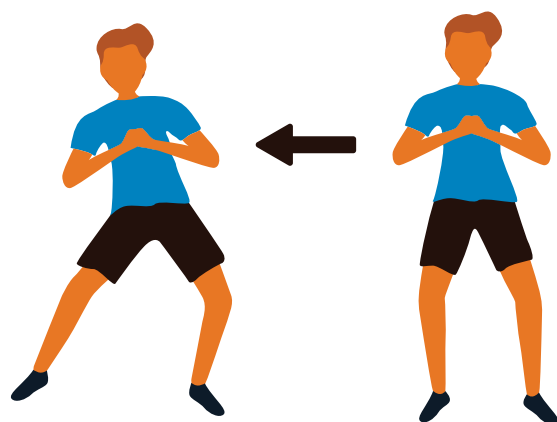


2

1



## Side Step Left



2

1



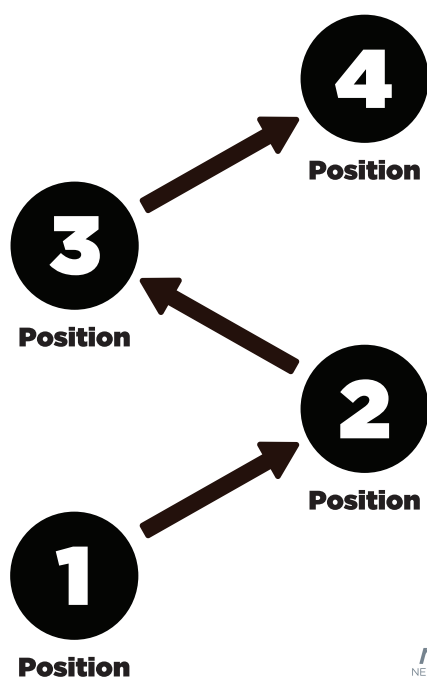
## Pivot (Turn Around)



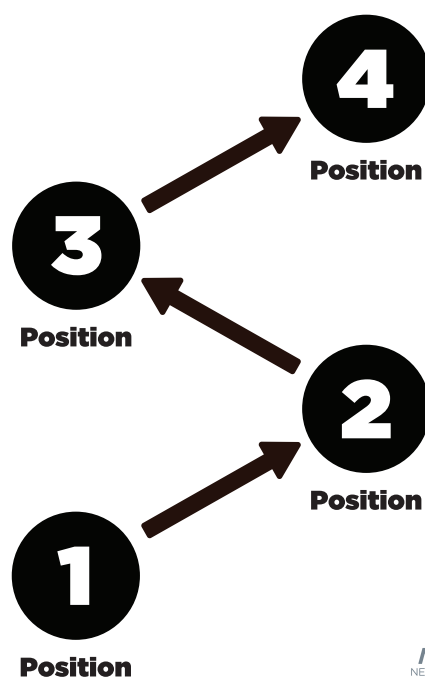
## Pivot (Turn Around)



## Dodge (Change Direction)



## Dodge (Change Direction)



## Hands Up Defending

(Balance on toes  
for three seconds)

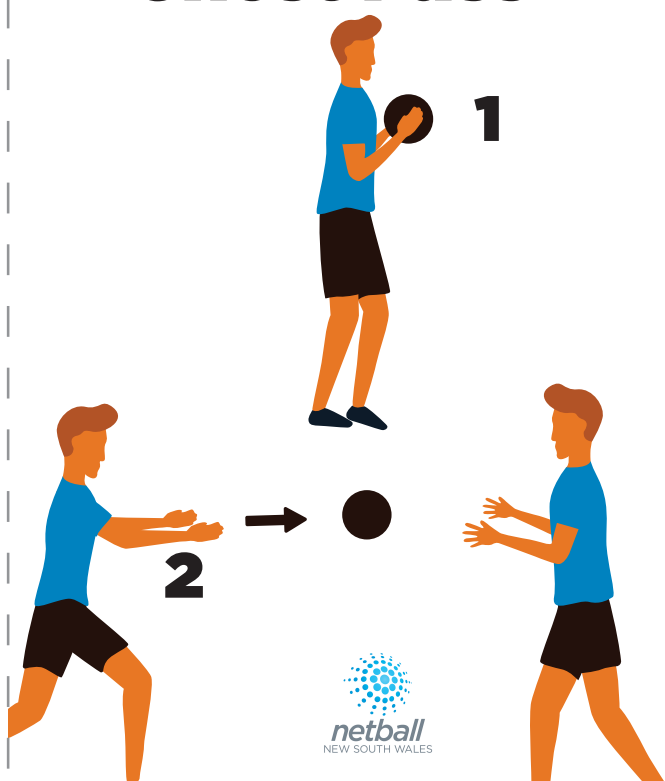


## Hands Up Defending

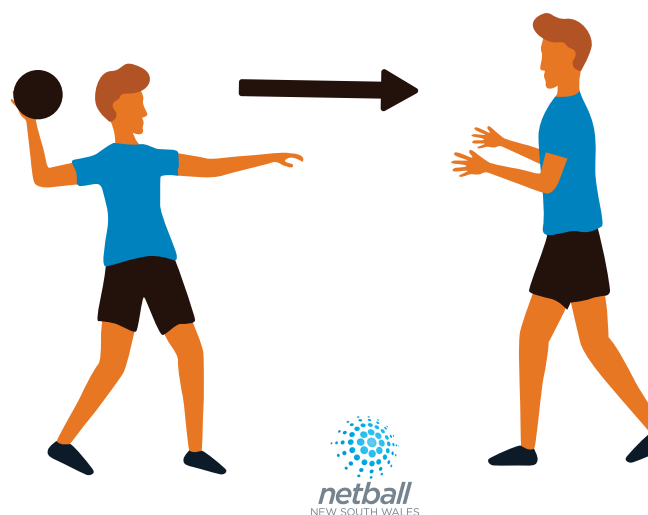
(Balance on toes  
for three seconds)



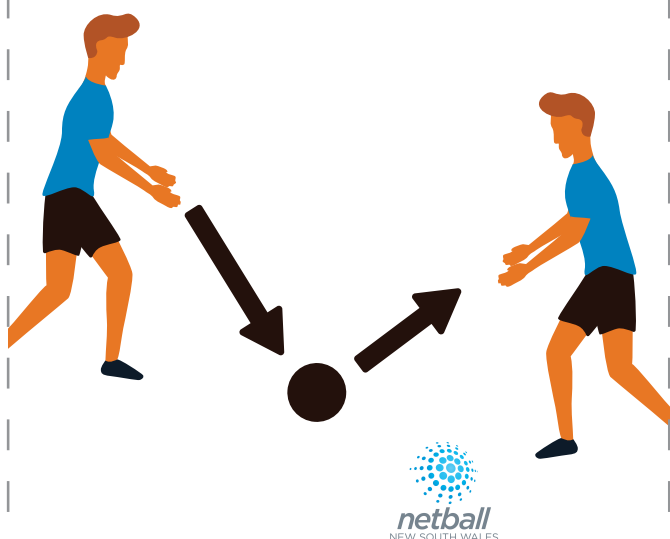
## Chest Pass



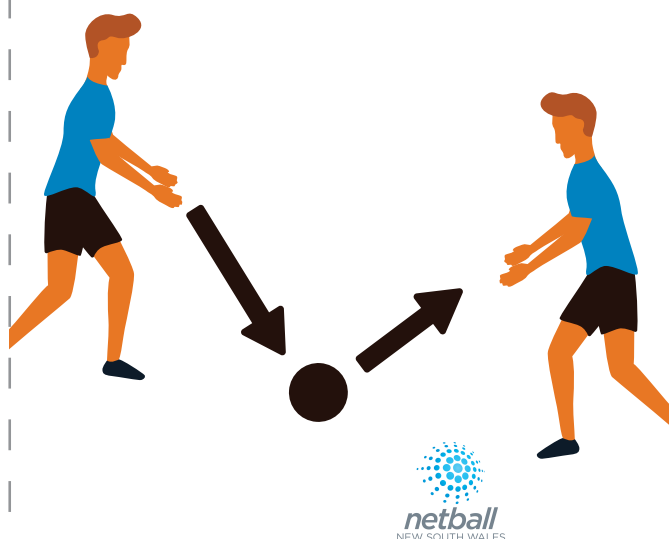
## Shoulder Pass



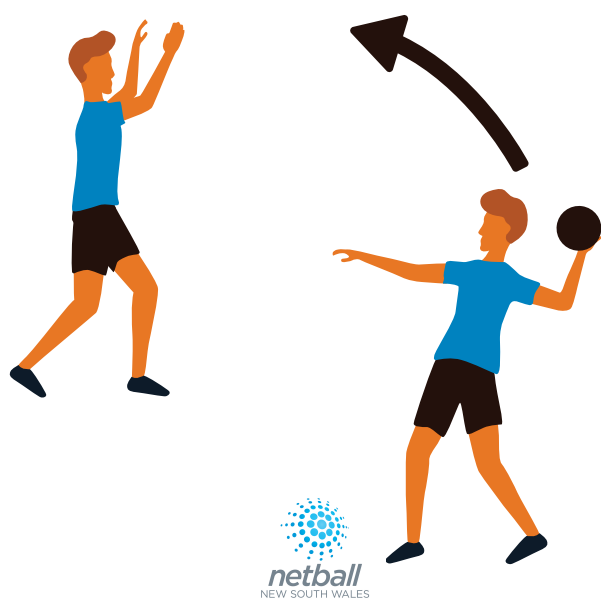
## Bounce Pass



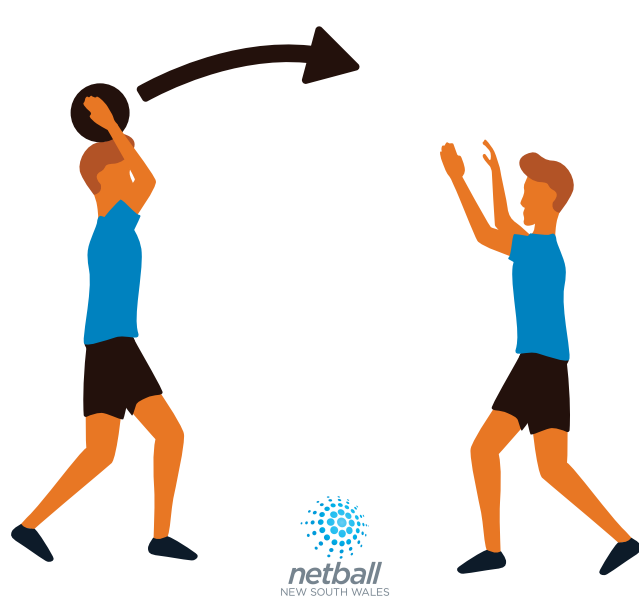
## Bounce Pass



## Lob Pass



## Overhead Pass



## 10 Star Jumps



1

2



## 20 High Knees



1

2



## 10 Sit Ups



1

2



## 10 Lunges

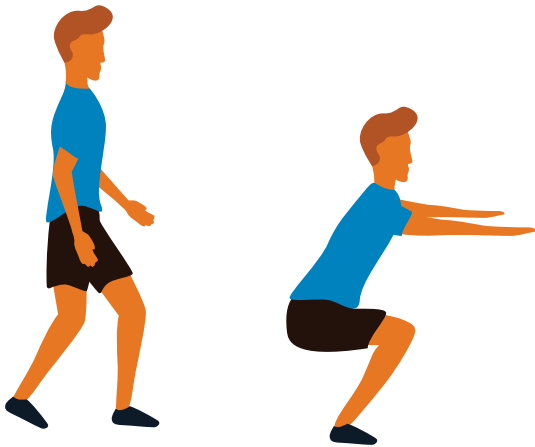


1

2



## 10 Squats

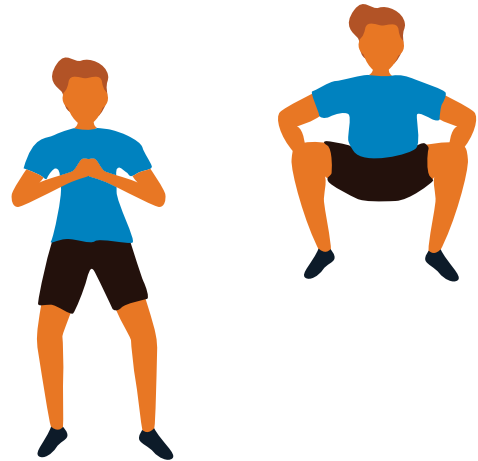


1

2



## 5 Tuck Jumps

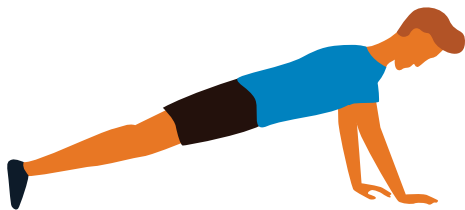


1

2



## Push Up



1



2



## Plank (30 Seconds)

