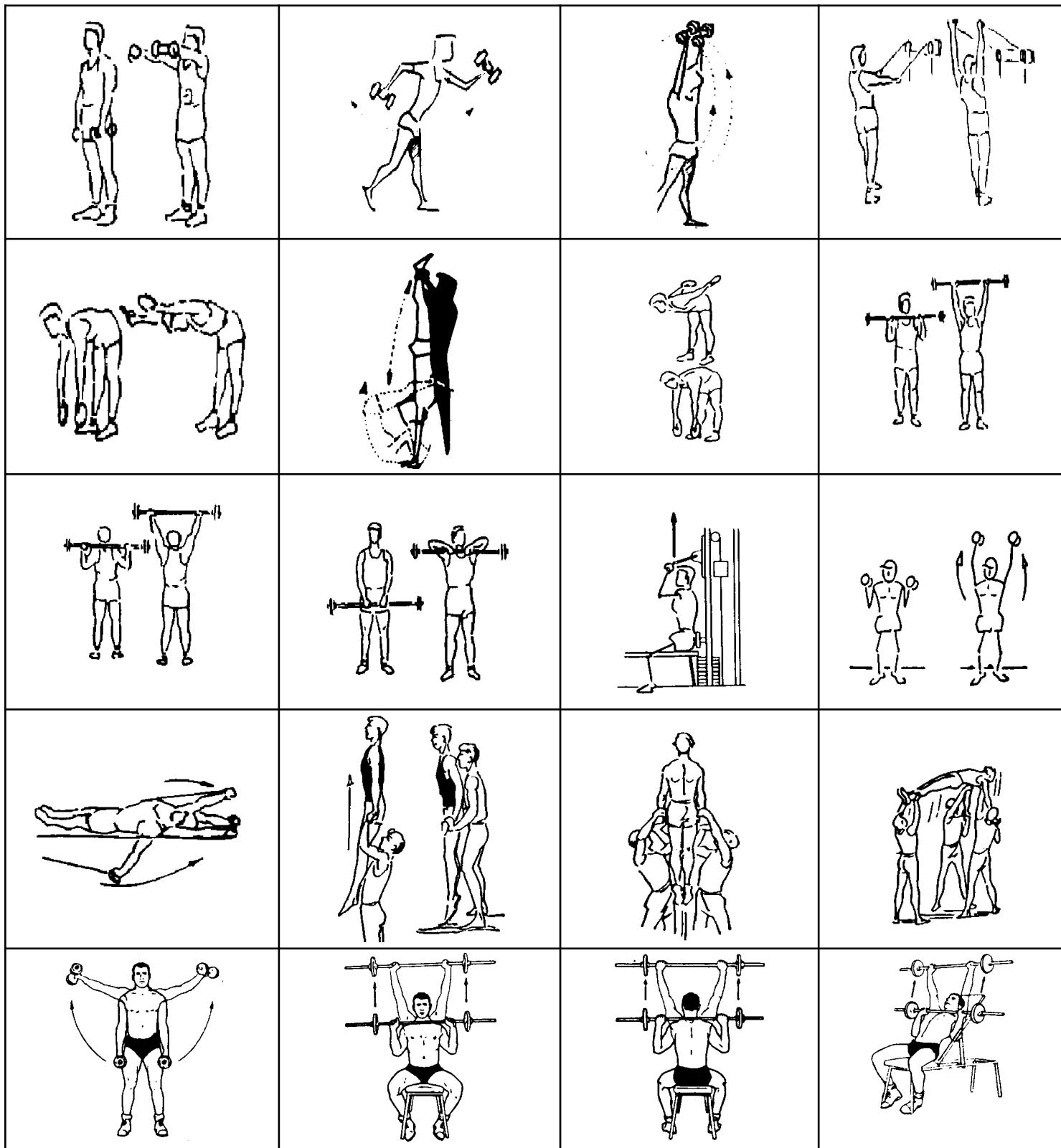
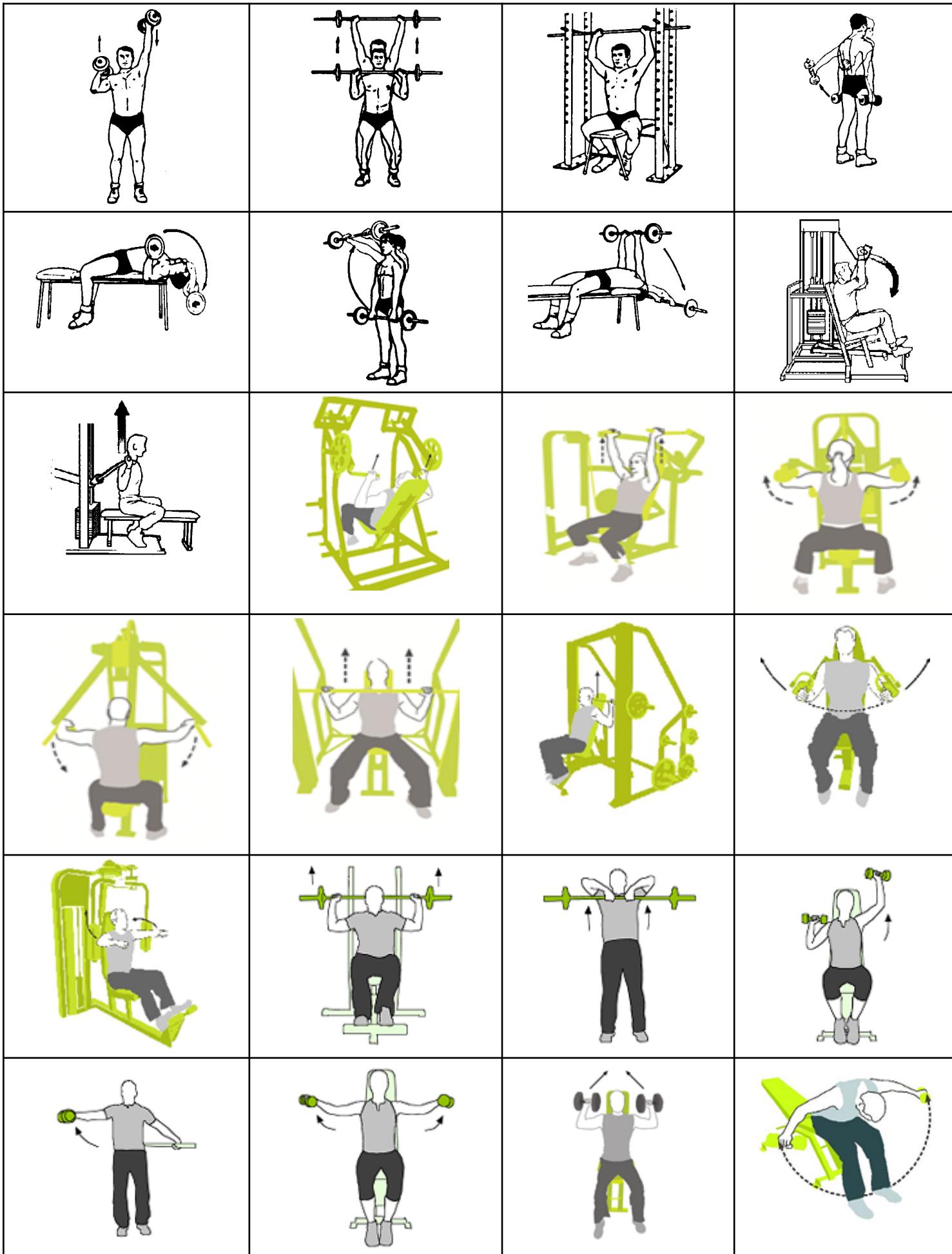
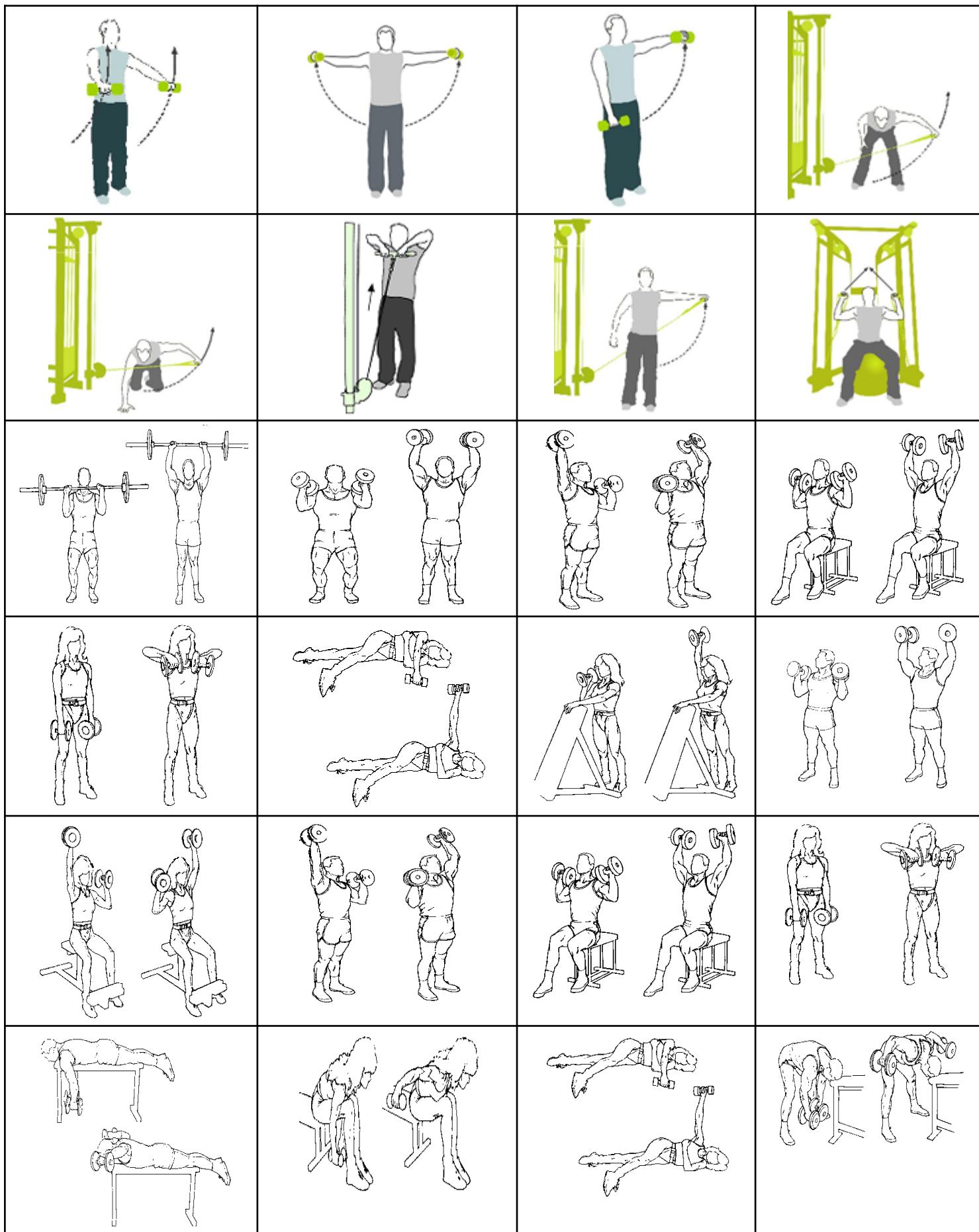
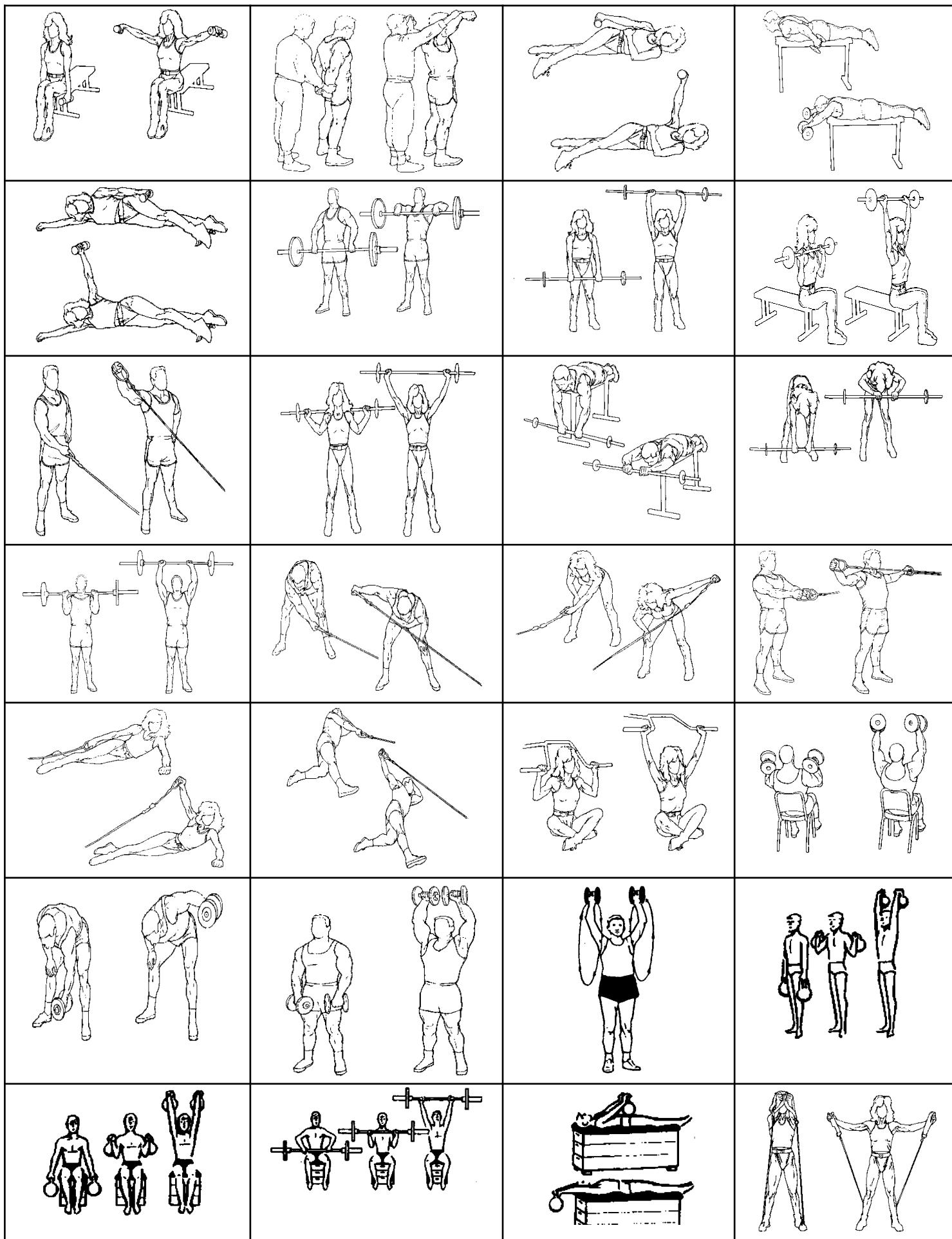


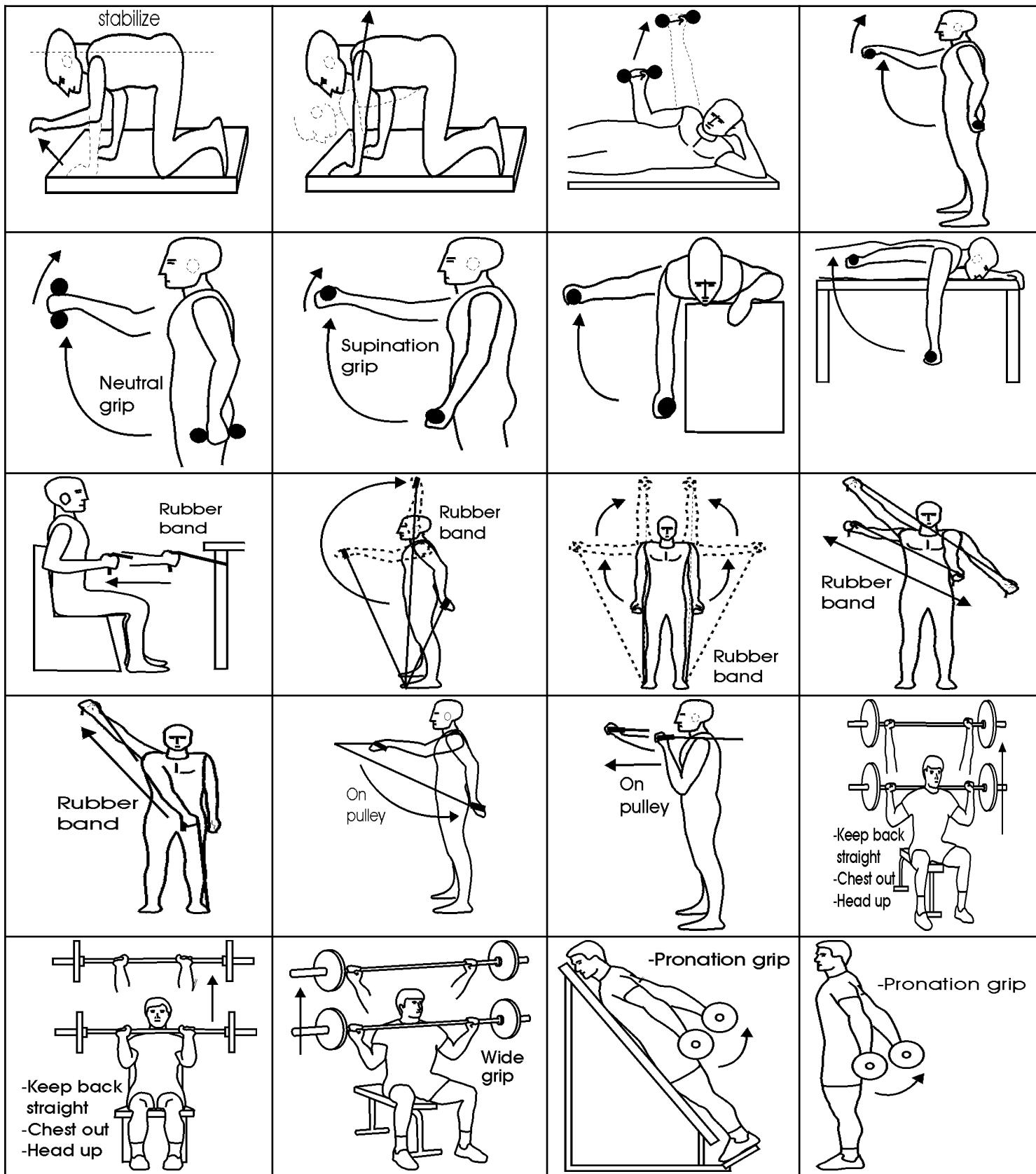
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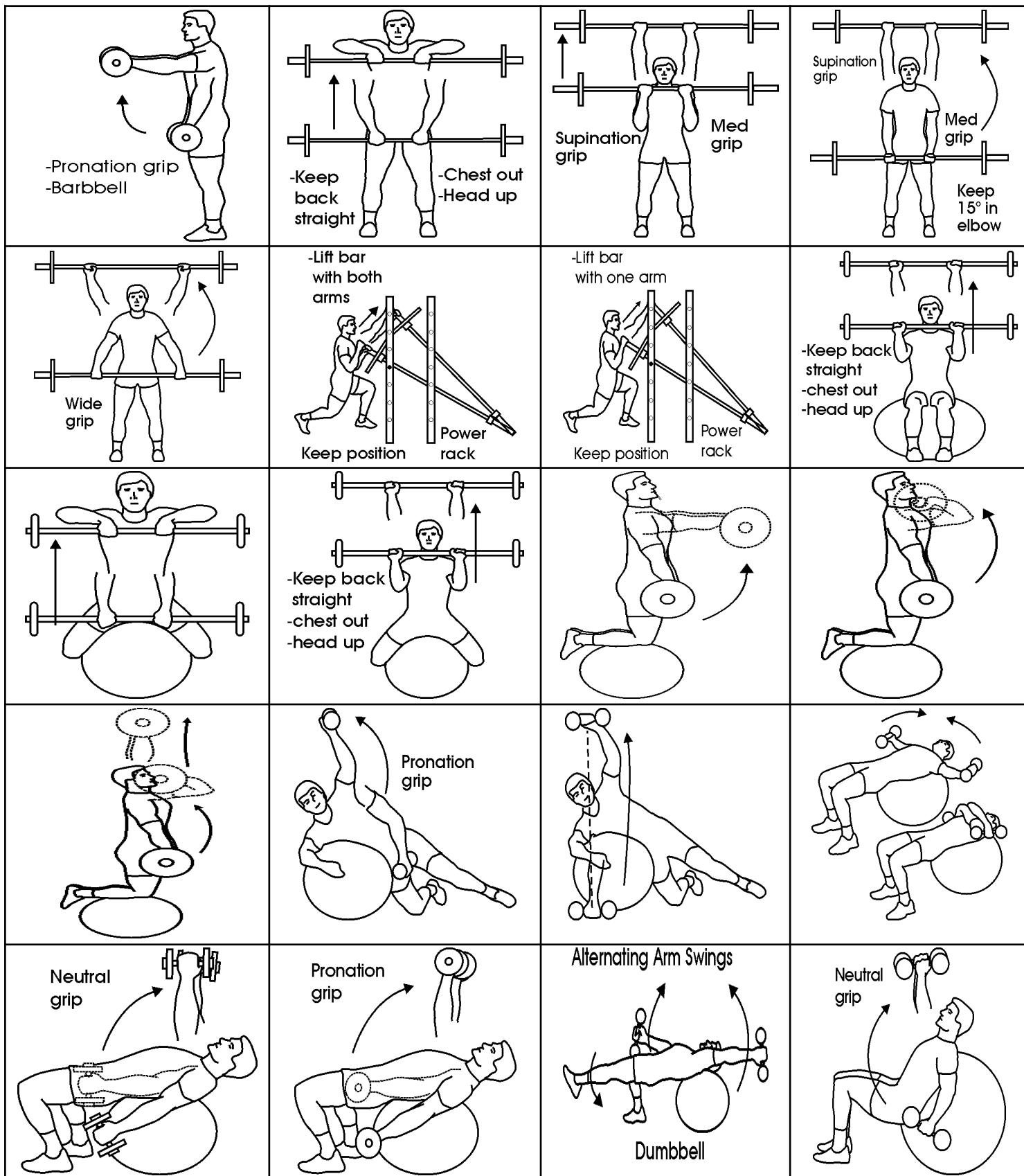


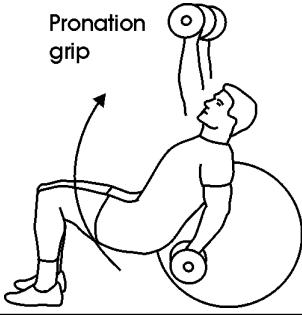
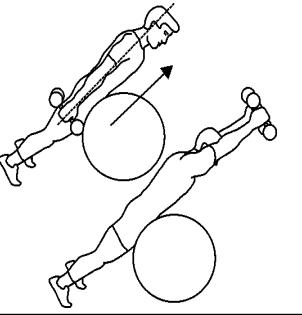
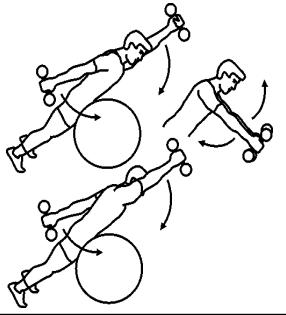
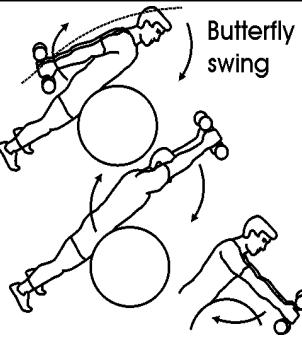
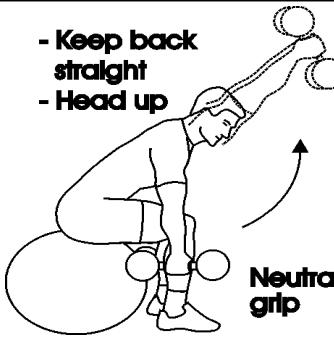
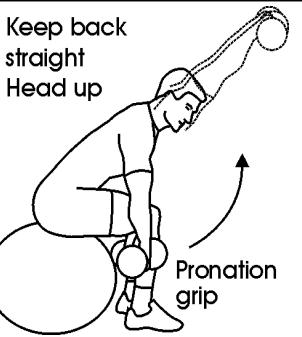
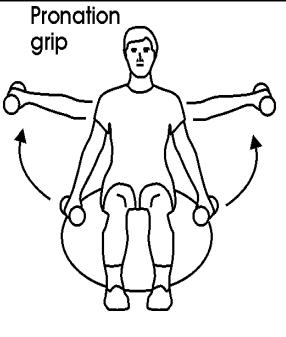
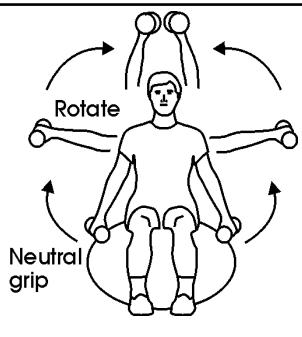
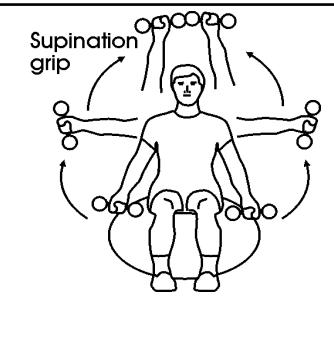
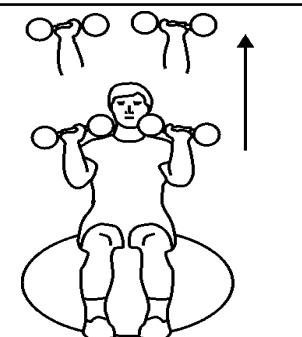
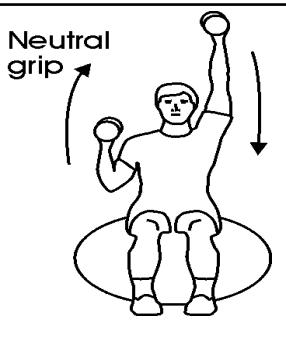
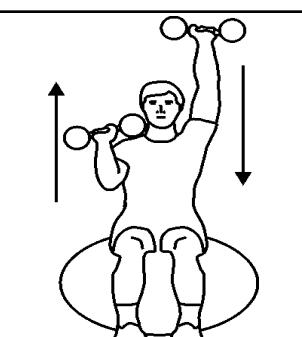
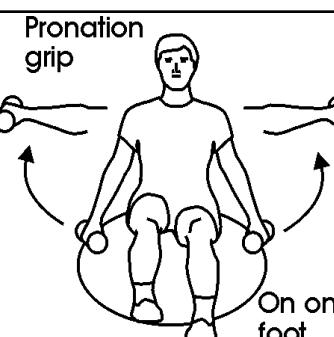
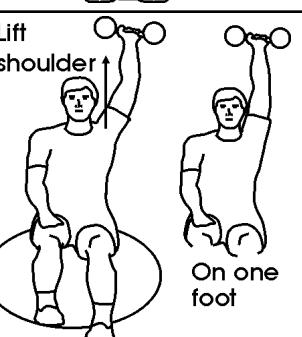
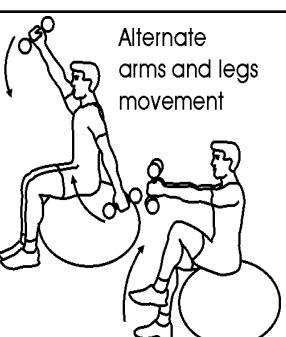
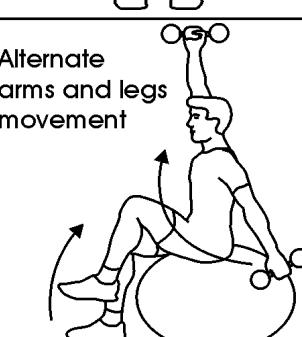
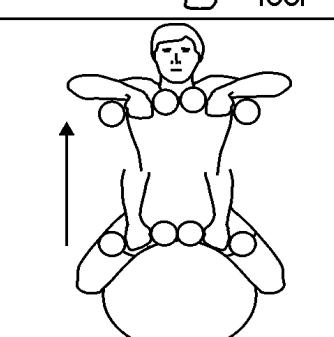
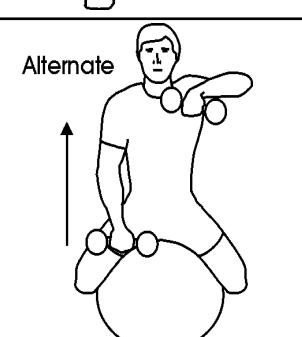
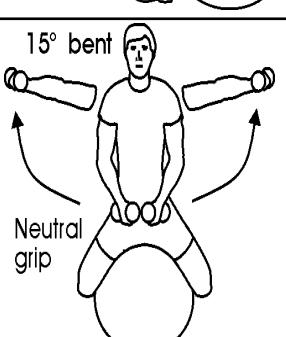










| | | | |
|---|--|---|---|
| Pronation grip  | Supination grip  |  |  |
| Butterfly swing  | - Keep back straight - Head up  | - Keep back straight - Head up  | Pronation grip  |
| Neutral grip  | Supination grip  |  | Neutral grip  |
|  | Pronation grip  | Lift shoulder On one foot  | Alternate arms and legs movement  |
| Alternate arms and legs movement  |  | Alternate  | 15° bent Neutral grip  |

