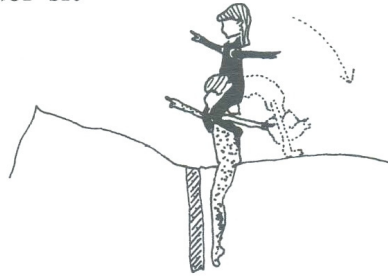
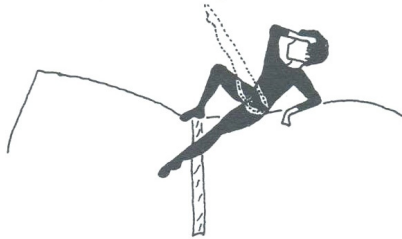


- 125(a) Shoulder sit on sitting partner E
 (b) bridge from shoulder sit (M)



Lying exercises

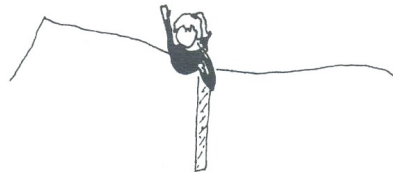
- 126 'Siesta' (reclining on arm) (M)



- 127 'Cross lie' on BK (sw lie on belly or back)
 (a) holding w/one hand M
 (b) free S
 (illustrated b)



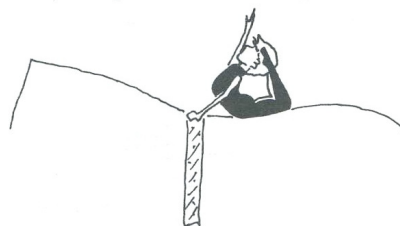
- 128(a) Cross lie on NK holding w/both hands M
 (b) holding w/one hand S
 (illustrated b)



- 129 'Swan' (belly lie FW on BK extended arms) (E)



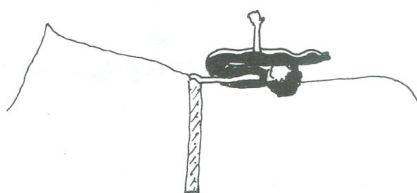
- 130 'Clip' (belly lie touching head w/feet) (M)



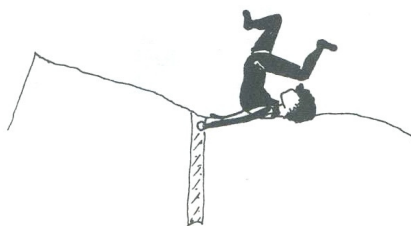
- 131 Straddle lie sw on back, one hand hldg (M)



- 132 'Swiss army knife' hldg w/one hand (M)



- 133 'Cyclist' hldg w/one hand (M)



- 134 'Cracker Jack up' support on shoulder, one hand (M)



- 135 'Cracker Jack DN' support on shoulder, one hand (M)



- 136 'Parallel skyways'
 (a) near full split (M)
 (b) hand hldg leg (S)
 (illustrated b) free



- 137(a) 'Limp flag' (E)
 (b) one hand hldg (M)
 (illustrated b) free



138 'High limp flag'

on sitting partner, free

(M)



139 'Spanking'

cross lie on stir hunter stand

(M)

140(a) 'BW flying angel'
(b)
(illustrated a)from sitting
supported from kneeling/standingM
S141(a) Shoulder lie
(b)
(c)
(illustrated a)supported from sitting
supported from kneel
supp. from standingE
(M)
(S)

142 'Cross lie'
(a)
(b)
(illustrated b)

on interlocked arms
holding w/one arm
free

E
M

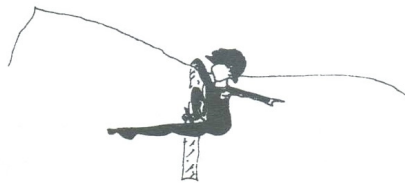


Hanging exercises

143(a) Sitting hang
(b)
(illustrated b)

one leg horiz, other in stir, 2 hands
one leg horiz, one in stir, one hand
both legs horizontal

E
M
S



144 'Hammock'

leg hooked over grip, one hand

(E)



145 Horizontal lying hang

S



146(a) 'draped hang'

(b)

(illustrated b)

without use of stir, hldg
free

(M)

(s)



147 Cossack hang

single or double

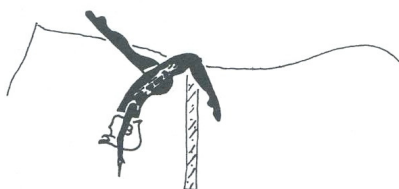
E



148 'Cliff hanger'

one hand hldg, extended leg @ 90

(s)



149 'High cossack hang'

BW/sw from high bench

(s)



150 'Hanging spider'

free

(s)



151 'Hangman'

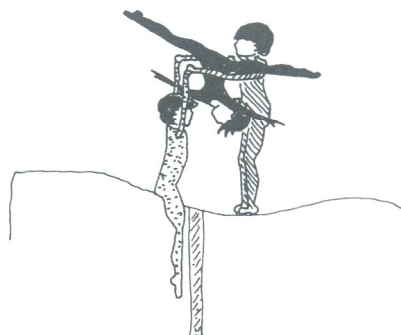
(s)



152 'High hangman'

free on interlocked arms

(x)

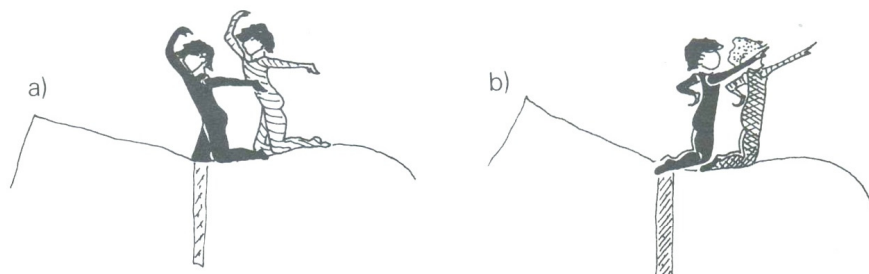


Kneeling exercises

153(a) Pair kneel
(b)

FW free
BW free

E
M



154 'Look-out'

free

(s)

