

Kick-ups

189(a) BW 'Kick-up'
(b)
(illustrated b)

on BK, hldg
one arm free

(E)
M



190 FW 'Kick-up'

on neck, holding

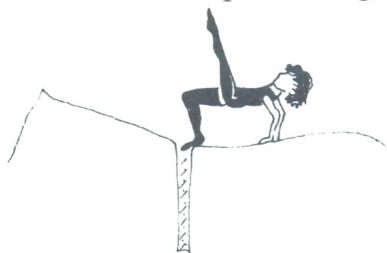
M



191 FW 'Kick-up'

on the croup, holding

S



192 '2 × Kick-up'

(S)

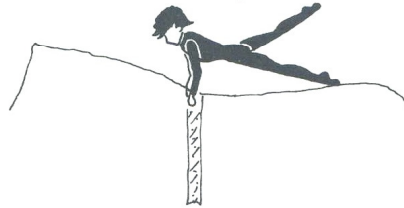


Supports

193 'Push-up'

on one leg

(M)



194 'Lean-to'

INS OR OUT

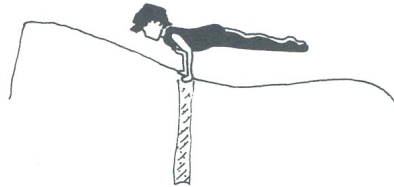
M



195 'The killer'

supported free

(S)



196(a) 'The prop'

with two feet

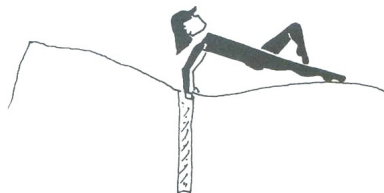
(E)

(b)

on one foot

(M)

(illustrated b)



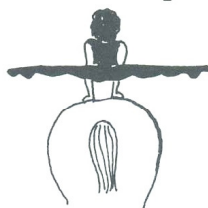
197 Bridge

on one/two feet

(S)



198 'Propped split' held in suspension (s)

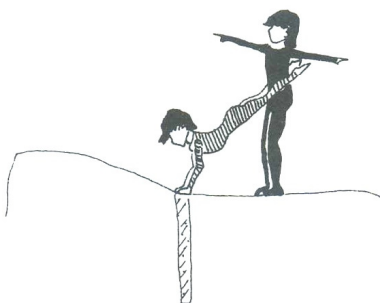


199(a) 'Skater's lift' held free (M)
 (b) free (s)
 (illustrated a)

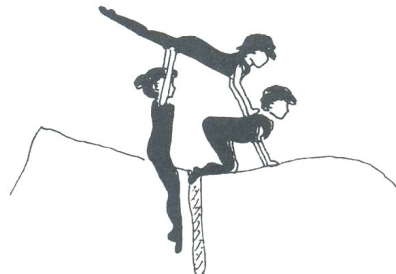


Wheelbarrows

200(a) Wheelbarrow held free E
 (b) free M
 (illustrated b)



201(a) BW wheelbarrow on croup E
 (b) BW wheelbarrow on bench (M)



- 202 'High wheelbarrow'
 (a)
 (b)
 (illustrated a)

from standing
 held
 free

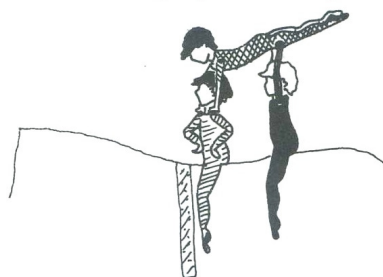
M
 S



- 203 'High wheelbarrow'

from sitting, pushed up

E



- 204 'High wheelbarrow'
 (a)
 (b)
 (illustrated b)

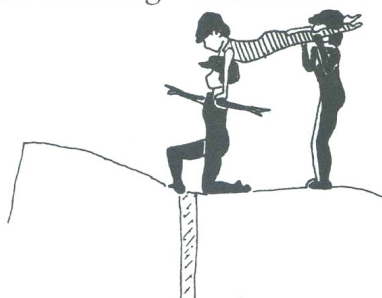
from standing, on shoulders
 holding
 free

M
 S



- 205 'High wheelbarrow' on kneeling variations

S



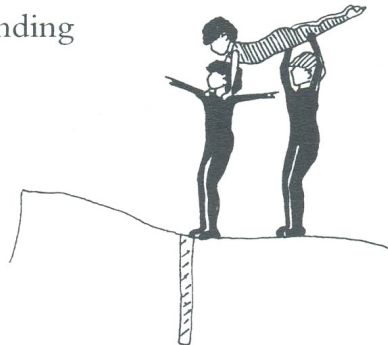
- 206 'Superhigh wheelbarrow' from standing

S



- 207 Wheelbarrow on two standing

S



- 208 Wheelbarrow on lie (supine)

(M)



- 209 'Babysitter lift'

(S)



210 'High babysitter lift'

(S)



211 Double wheelbarrow

M



212 'Double decker' wheelbarrow

S



Standing exercises

213 Stirrup stand FW/BW

E

