

210 'High babysitter lift'

(S)



211 Double wheelbarrow

M



212 'Double decker' wheelbarrow

S



## Standing exercises

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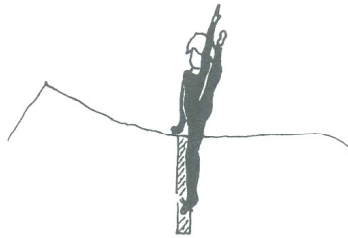
213 Stirrup stand FW/BW

E



214 'Side split' FW/BW

S



215 Stir hunter stand FW/BW/SW

(a) hldg w/one hand  
(b) free

(E)

(M)

(illustrated b)



216 'Coat hanger'

FW/BW/SW  
two hands hldg  
one hand free

(M)

(S)

(a)  
(b)  
(illustrated b)



217 'Contortion'

hldg or free

(S)



## 218 Multiple stands

(a)

(b)

(c)

(illustrated b)

double stand FW

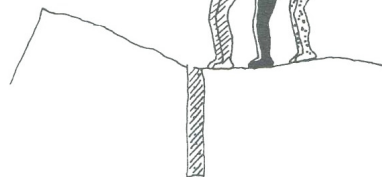
triple stand

all BW/sw

E

M

(S)



## 219(a) 'Family round'

(b)

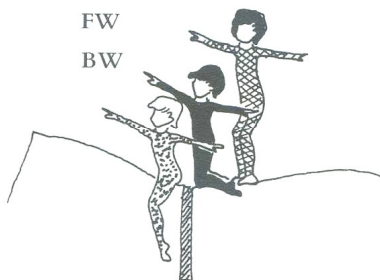
(illustrated a)

FW

BW

E

S



## 220 Shouldersit and stand

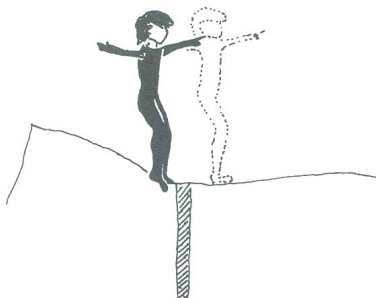
E



## 221 BW stand

NK, BK, or CP

S



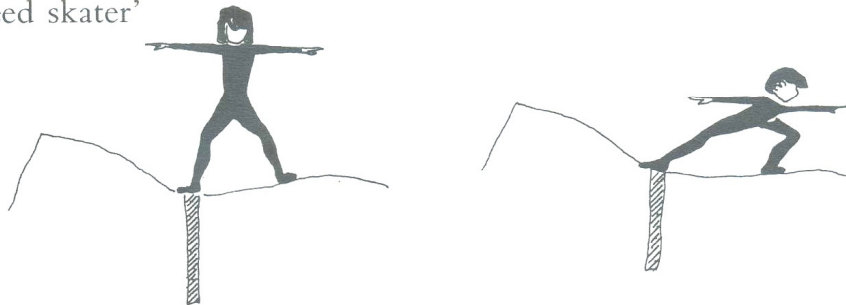
222 'Discord'

(M)



223(a) sw stand  
(b) 'Speed skater'

S  
(s)



224 Crouched stands

back horizontal, all directions

(s)



225 'Discus thrower'

all stands w/crossed legs

(s)



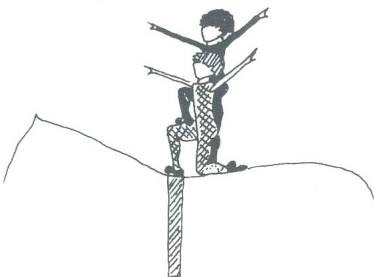
- 226 Stand on one foot all variations (s)



- 227 'Tango' (s)



- 228 Prince seat and hunter stand, free (s)



- 229 Ass 'Can Can' (standing with one leg extd & raised) (M)



230 'Can Can' free

(s)



231 Galleon

at least 45 degree lean

s



232(a) Star

(with knee support and arms extd)

s

(b)

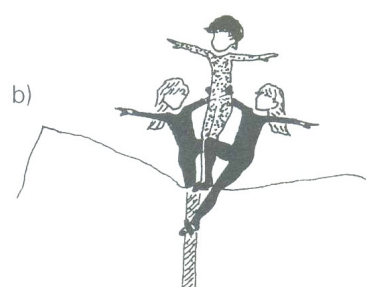
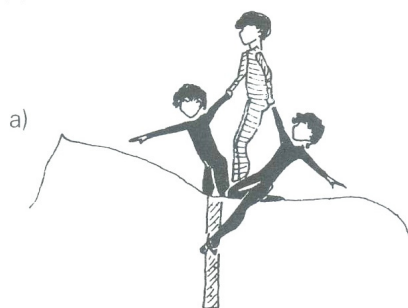
as stir hunter stand hldg at hips

(s)

(c)

with crossed arms, extd

(s)



## 233 'Free stand on shoulder'

- (a) on two partners, hldg
- (b) on two partners, free
- (c) on one partner, free

E  
M  
(S)



## 234 ass 'Can Can' on shoulder

(S)



## 235 'Stepping stone'

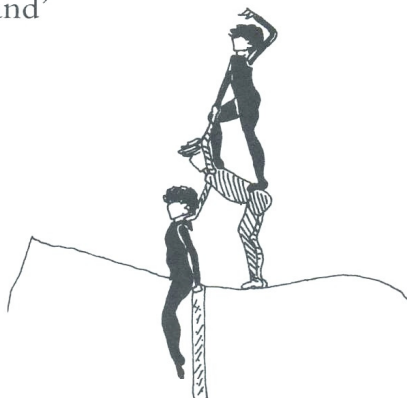
(S)



- 236 sw stand on partners, all variations (s)



- 237 'Superhigh hunter stand' (s)



- 238 'Superhigh free stand on shoulders' (s)



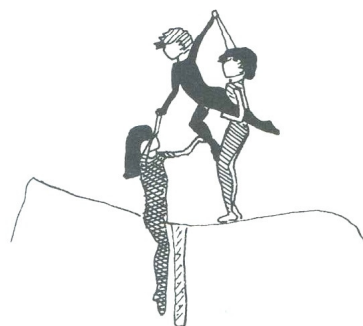


239(a) 'Figure head'

(s)

(b) 'Statue of Liberty'

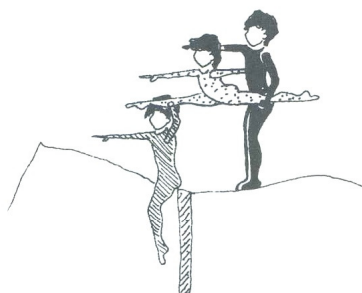
(s)



240 'Hip Shot'

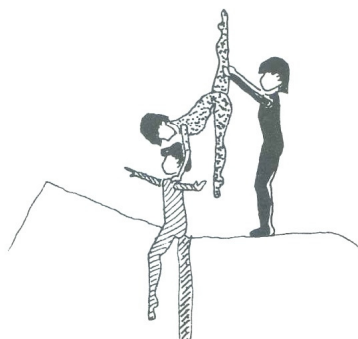
fully lifted in front

(s)



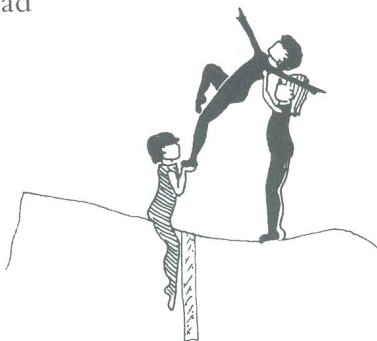
241 'Lifted needle'

(s)



- 242 'Reclining figure head'

(s)



- 243 'Totem pole'

free

(s)



- 244 'Superhigh flying flag'

(s)

