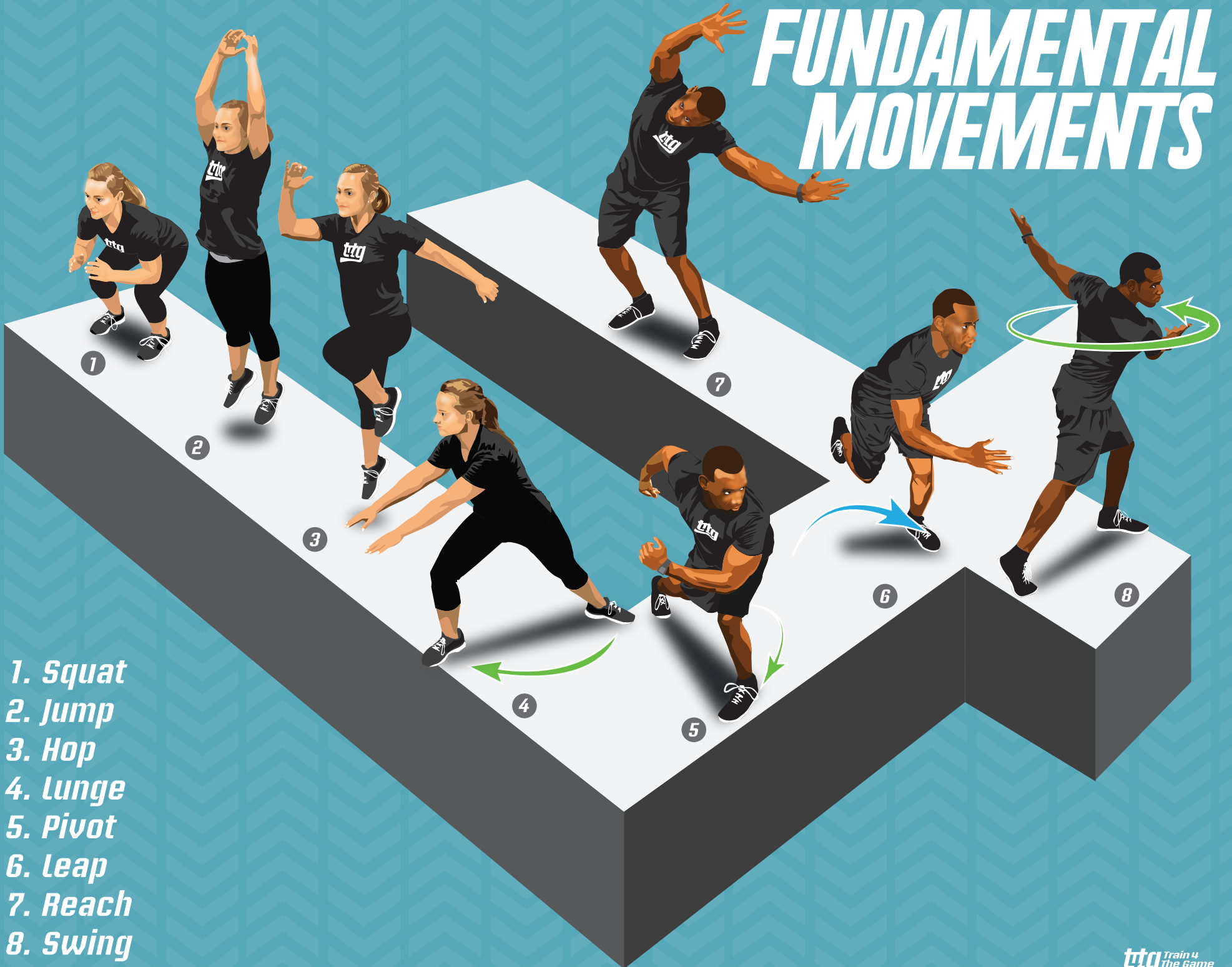


# FUNDAMENTAL MOVEMENTS



1. Squat
2. Jump
3. Hop
4. Lunge
5. Pivot
6. Leap
7. Reach
8. Swing