








































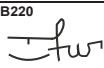












































































































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GROUP A - DYNAMIC STRENGTH : PUSH UP FAMILY (PUSH UP)										
PUSH-UP 	A101	A102	A103	A104						
		A112		A114						
		A122	A123		A125					
		A132	A133	A134	A135					
GROUP A - DYNAMIC STRENGTH : PUSH UP FAMILY (WENSON)										
WENSON 		A142	A143							
			A153	A154						
GROUP A - DYNAMIC STRENGTH : EXPLOSIVE PUSH UP FAMILY (A FRAME)										
A-FRAME 				A184		A186				
				A194		A196		A198		
					A205	A206	A207	A208		
GROUP A - DYNAMIC STRENGTH : EXPLOSIVE PUSH UP FAMILY (CUT)										
CUT 					A215	A216	A217	A218	A219	A220
GROUP A - DYNAMIC STRENGTH : EXPLOSIVE SUPPORT FAMILY (HIGH V SUPPORT & REVERSE CUT)										
HIGH V REVERSE CUT 					A225	A226	A227	A228		A230
							A237		A239	A240
GROUP A - DYNAMIC STRENGTH : LEG CIRCLE FAMILY (DOUBLE LEG CIRCLE)										
CIRCLE 					A265	A266	A267	A268		
							A277	A278	A279	
					A285		A287			
GROUP A - DYNAMIC STRENGTH : LEG CIRCLE FAMILY (FLAIR)										
FLAIR 					A305				A309	A310
					A315		A317		A319	A320
						A326	A327	A328	A329	A330
							A337	A338	A339	
GROUP A - DYNAMIC STRENGTH : HELICOPTER FAMILY										
HELICOPTER 				A364	A365	A366		A368		
				A374	A375					

B	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
GROUP B - STATIC STRENGTH : SUPPORT FAMILY (STRADDLE AND L SUPPORT)										
STRADDLE SUPPORT 		B102 		B104 		B106 				
				B114 	B115 	B116 	B117 			
	L-SUPPORT 			B124 		B126 				
		B132 		B134 		B136 				
GROUP B - STATIC STRENGTH : V-SUPPORT FAMILY										
STRADDLE V SUPPORT 			B143 		B145 		B147 			
					B155 		B157 		B159 	
	V-SUPPORT 								B168 	
GROUP B - STATIC STRENGTH : HORIZONTAL SUPPORT FAMILY										
PLANCHE 			B 173 	B174 						
						B186 	B187 	B198 		B200 
								B208 		B210 
								B218 	B219 	B220 
D	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
GROUP D - BALANCE & FLEXIBILITY : SPLIT FAMILY (SPLIT, VERTICAL SPLIT WITH TURN)										
SPLIT 		D112 	D103 							
	D121 	D122 		D124 						
GROUP D - BALANCE & FLEXIBILITY : TURN FAMILY										
TURN 		D142 		D144 		D146 		D148 		
			D153 		D155 		D157 		D159 	
				D164 		D166 		D168 		
					D185 		D187 		D189 	
						D196 		D198 		D200 
							D207 		D209 	
GROUP D - BALANCE & FLEXIBILITY : BALANCE TURN FAMILY										
BALANCE 				D224 		D226 		D228 		
					D235 		D237 		D239 	
						D246 		D248 		D250 
GROUP D - BALANCE & FLEXIBILITY : ILLUSION FAMILY										
ILLUSION 				D 264 	D265 	D266 				
						D 276 	D 277 	D 278 		
					D285 	D286 	D 287 			
GROUP D - BALANCE & FLEXIBILITY : HIGH LEG KICK FAMILY							D 297 	D 298 	D 299 	
HIGH LEG KICK 		D302 	D303 							

C	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
GROUP C - JUMPS AND LEAPS : STRAIGHT JUMP FAMILY (AIR TURN & FREE FALL)										
AIR TURN 			C103 		C105 			C108 		
			C113 	C114 	C115 	C116 		C118 	C119 	
FREE FALL 			C123 	C124 	C125 	C126 	C127 		C129 	C130
GROUP C - JUMPS AND LEAPS : HORIZONTAL JUMP FAMILY (GAINER)										
GAINER 				C144 			C147 			C150
			C153 			C156 			C159 	
GROUP C - JUMPS & LEAPS : BENT LEG(S) JUMP FAMILY (TUCK)										
TUCK 		C182 		C184 		C186 				
			C193 	C194 	C195 	C196 	C197 		C199 	C200
				C204 	C205 	C206 	C207 	C208 		
GROUP C - JUMPS & LEAPS : BENT LEG(S) JUMP FAMILY (COSSACK)										
COSSACK 			C223 		C225 		C227 			
				C234 	C235 	C236 	C237 	C238 		
					C245 	C246 	C247 	C248 	C249 	
GROUP C - JUMPS & LEAPS: PIKE JUMP FAMILY										
PIKE 			C264 		C266 		C268 			
				C275 	C276 	C277 	C278 			
					C286 	C287 	C288 	C289 	C290 	
GROUP C - JUMPS & LEAPS : STRADDLE JUMP FAMILY (STRADDLE)										
STRADDLE JUMP 							C307 	C308 	C309 	
				C314 		C316 		C318 		
					C325 	C326 	C327 	C328 		
						C336 	C337 	C338 	C339 	
							C347 	C348 	C349 	C350
GROUP C - JUMPS & LEAPS : STRADDLE JUMP FAMILY (FRONTAL SPLIT)										
FRONTAL SPLIT 				C354 		C356 		C358 		
					C365 	C366 	C367 	C368 		
						C376 	C377 	C378 	C379 	

C	.1	.2	.3	.4	.5	.6	.7	.8	.9	1.0
GROUP C - JUMPS & LEAPS : SPLITJUMP FAMILY (SPLIT)										
SPLIT JUMP 				C384 		C386 		C388 		
					C395 	C396 	C397 	C398 		
						C406 	C407 	C408 	C409 	
						C416 	C417 	C418 	C419 	
GROUP C - JUMPS & LEAPS : SPLITJUMP FAMILY (SWITCH SPLIT LEAP)										
SWITCH SPLIT 				C424 	C425 	C426 				
					C 435 	C 436 	C 437 			
						C 446 				
GROUP C - JUMPS & LEAPS : JUMPS AND LEAPS: SCISSORS LEAP										
SCISSORS LEAP 					C465 	C466 	C467 			
						C476 	C477 	C478 		
							C487 	C488 		
							C497 	C498 		C500 
GROUP C - JUMPS & LEAPS : KICK JUMP FAMILY (SCISSORS KICK)										
SCISSOR KICK 					C505 	C506 				
GROUP C - JUMPS & LEAPS : OFF AXIS JUMP										
OFF AXIS 					C545 	C546 		C548 	C549 	
					C555 	C556 		C558 	C559 	
						C566 	C567 		C569 	C570 
GROUP C - JUMPS & LEAPS : BUTTERFLY JUMP										
BUTTERFLY 				C584 			C587 			C590 