



Spirit Tuck

Bring knees to chest; keep knees together



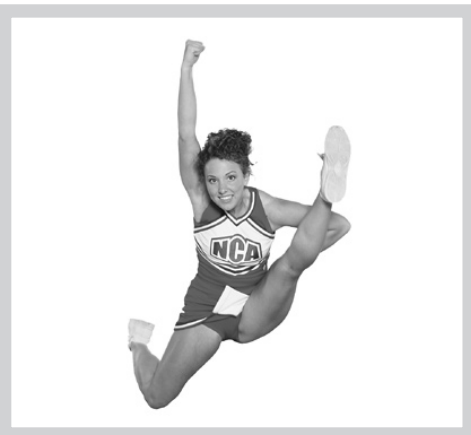
Spread Eagle

Keep knees forward; keep a straight body without piking



Double Hook

Hook both legs same direction; keep shoulders square



Herkie

Bent knee faces down; keep knee on straight leg facing upwards; bent leg, straight arm, straight leg, bent arm



Toe Touch

Keep head and chest up; pull legs to arms; reach for the arch of the foot, not the toes



Side Hurdler

Bent knee faces the crowd; keep knee on straight leg facing upwards



Front Hurdler

Bring straight leg up to the chest and between the arms; back knees point down toward the ground; land with feet together at the same time



Double Nine

Arms and legs in same "9" position; bring legs to arms; keep head up



Pike

Keep head up; bring legs to arms