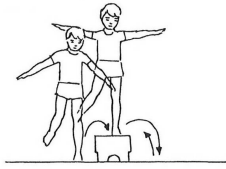
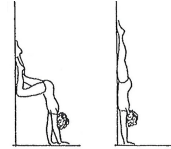


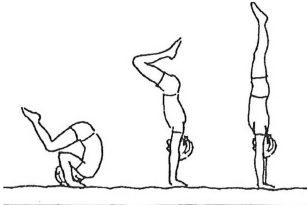
**Gå på bommen/benken –
passere en person på veien**



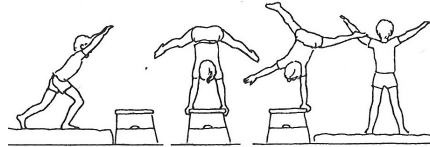
**Hinke opp på benk,
hinke ned på andre siden**



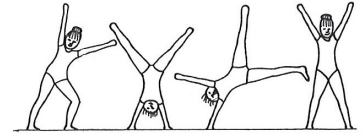
**Håndstående m/magen,bryst
og ben tett inntil ribbevegg**



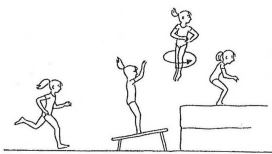
Håndstående



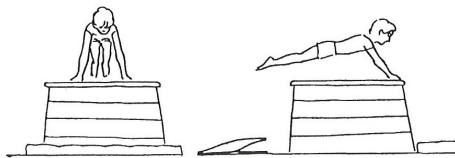
Hjul



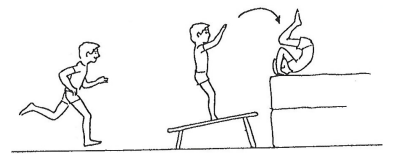
Hjul på gulv



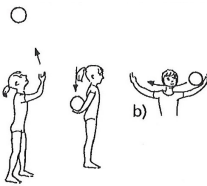
**Løp, strekkhopp
m/360° piruett til stående**



Mellomhopp eller ridehopp



**Løpe, sats med samlede ben,
rulle forover**



Kast ball fange på rygg



“Håndstående” over rygg