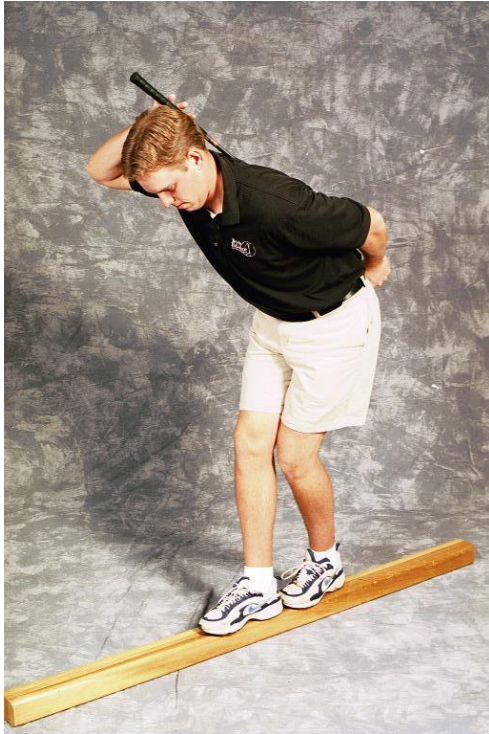


PRIMARY TILT ON BEAM



81

Purpose: Improve balance.

Benefit: Ability to be the most stable while getting into the power position.

Instruction: Stand on balance beam, perform a primary tilt.

Quantity: Reps _____ hold _____

Re-Educate

