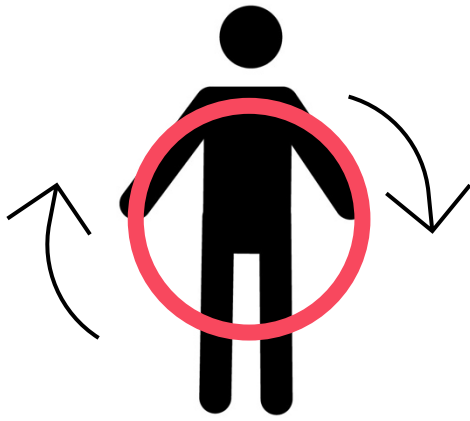




Shake the hoop



Overhead raise



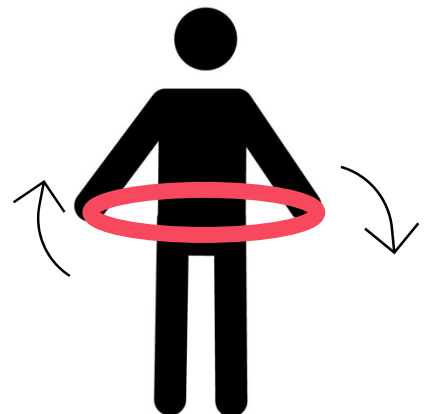
Front twister



Shoulder touch



Side taps



Flat side circle