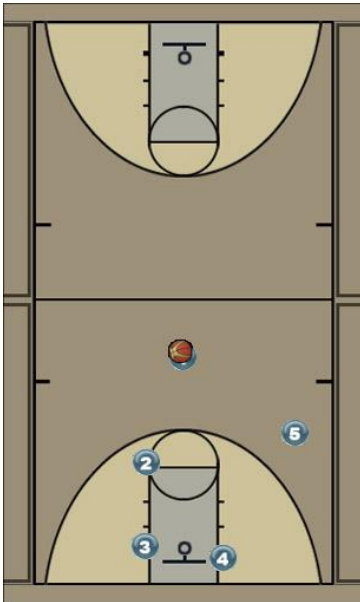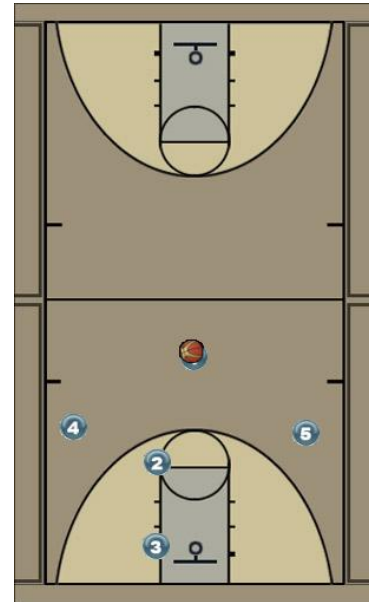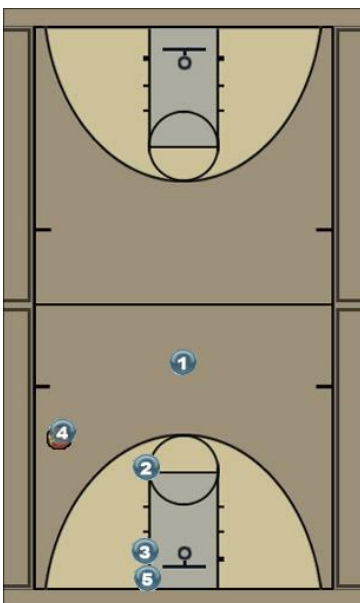![hoopcoach logo](WWW.HOOPCOACH.ORG)
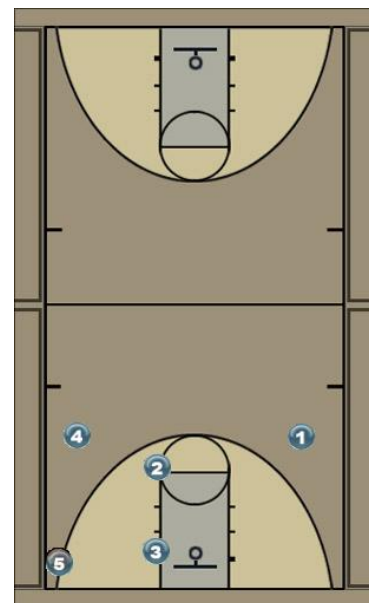
M-revised

Initial Set

Movement 2

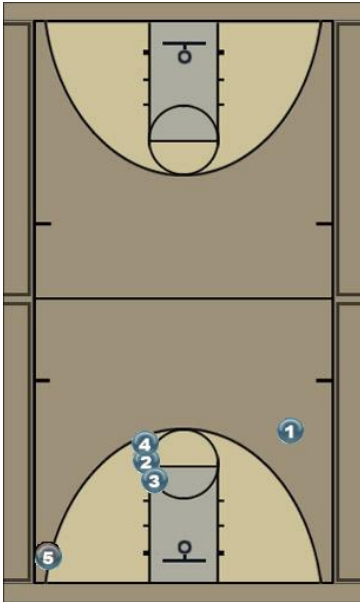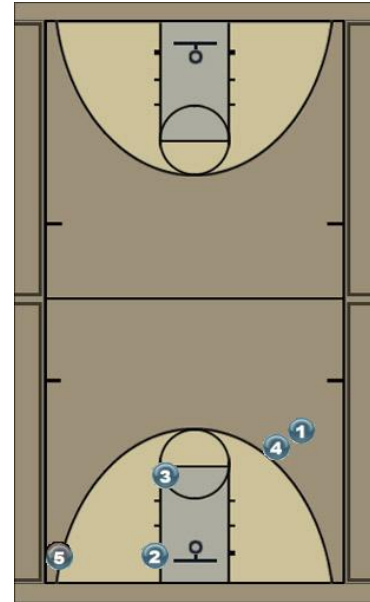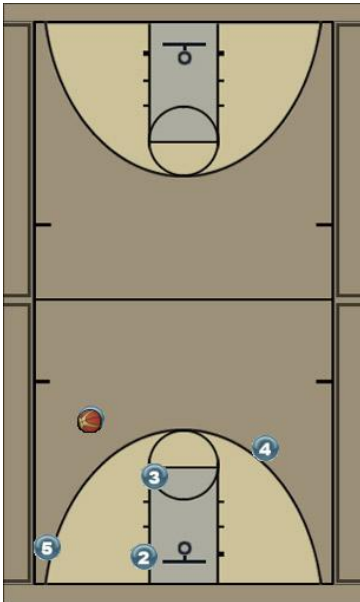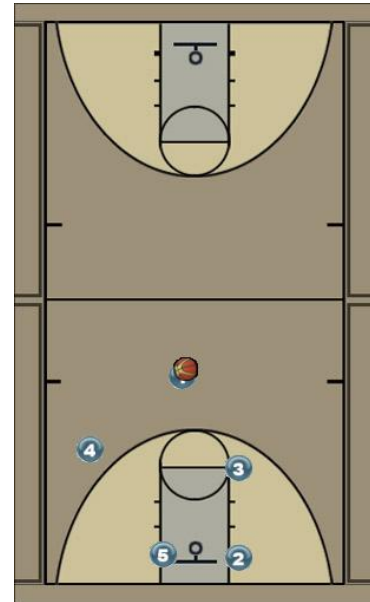### Movement 3

Movement 4

Movement 5

Movement 6

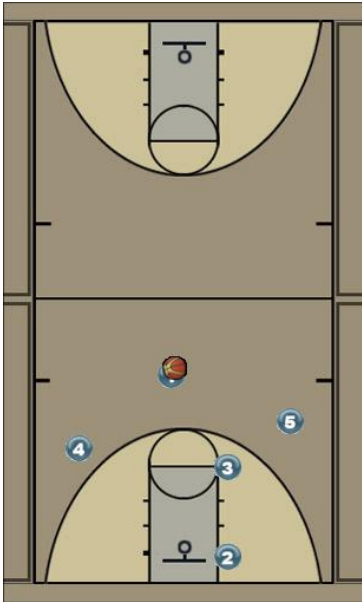# Movement 7

Movement 8

Movement 9

Movement 10

Movement 11

Movement 12

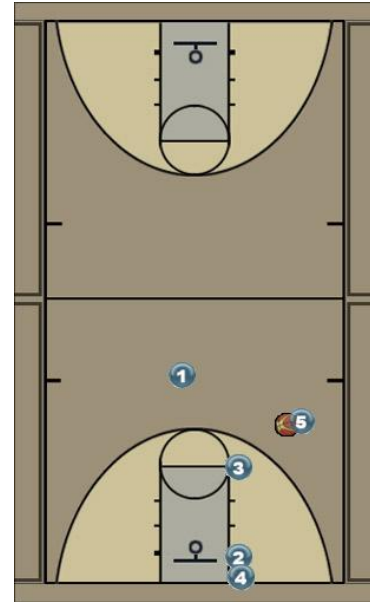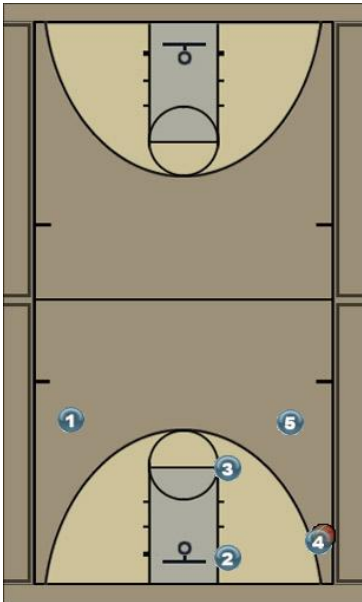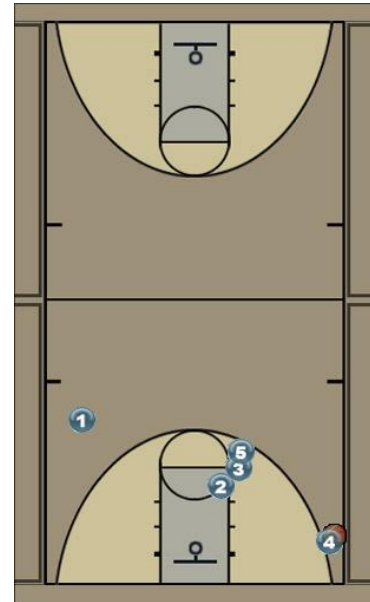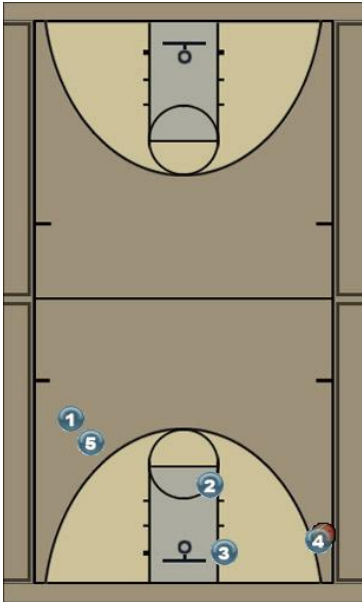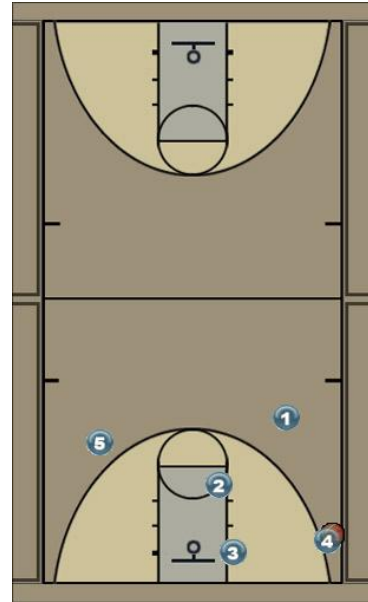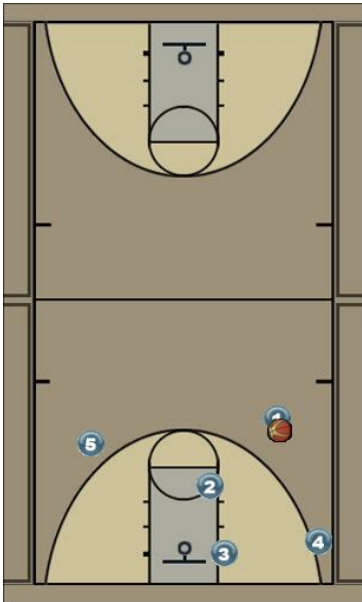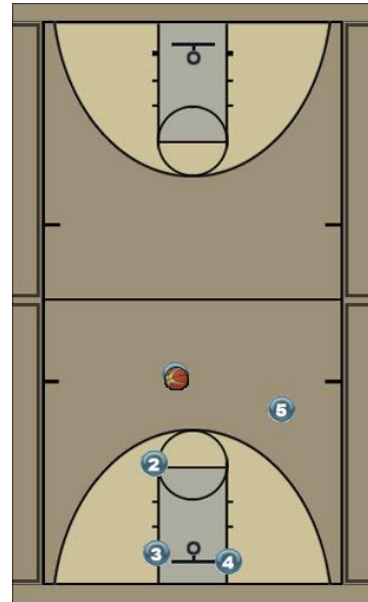# Movement 13

Movement 14

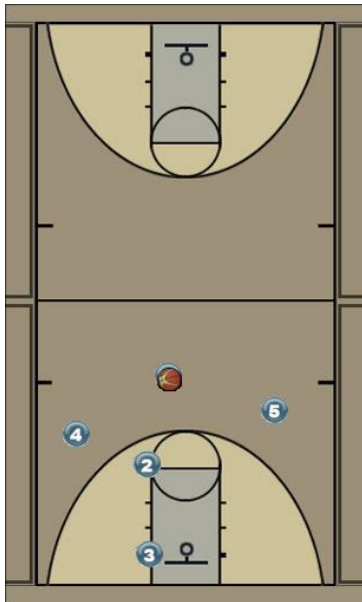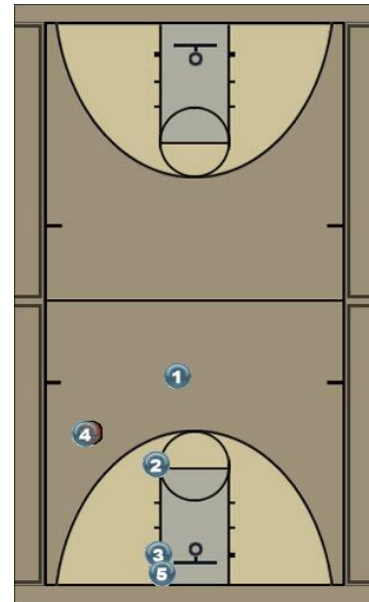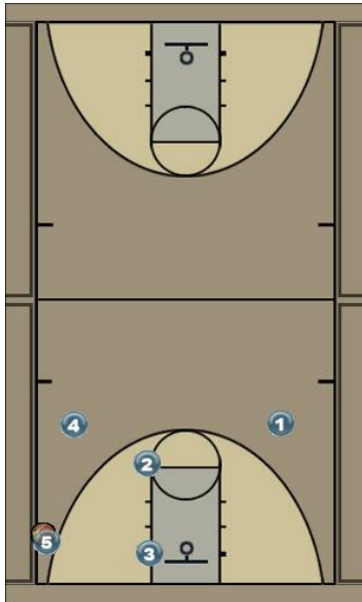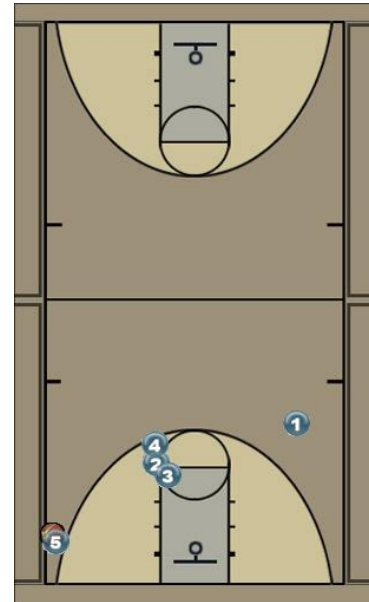# Movement 15

Movement 16

Movement 17

Movement 18

Movement 19

Movement 20

Movement 21