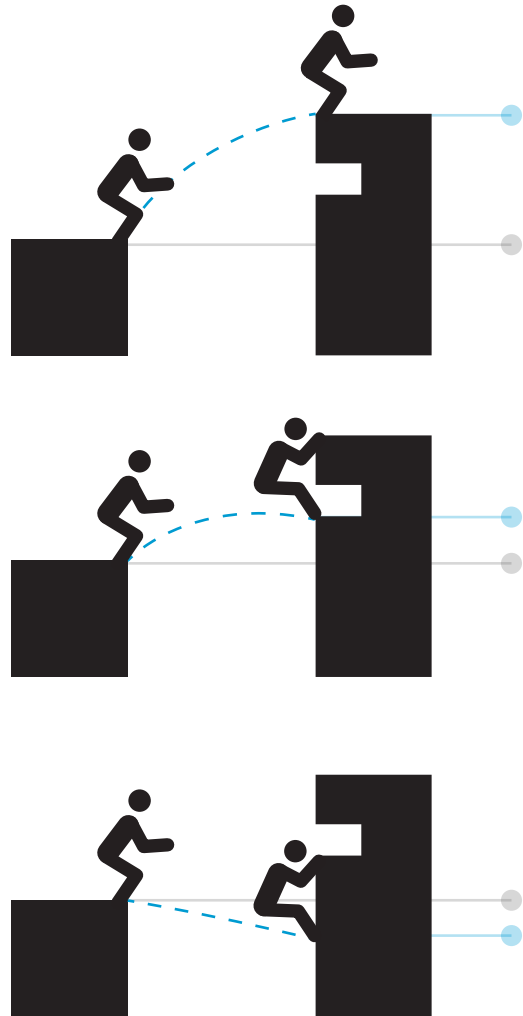
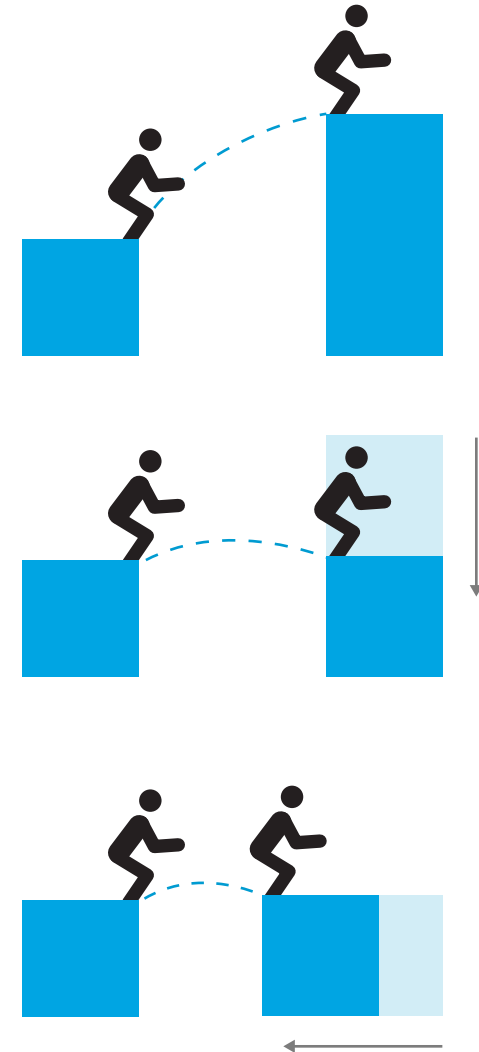


MODIFY THE MOVEMENT



MODIFY THE CHALLENGE



CHANGE WHAT YOU'RE DOING
 START WORKING TOWARDS YOUR CHALLENGE BY
 CREATING A SIMPLER PROGRESSION (OR ASK A COACH
 FOR HELP)

CHANGE THE HEIGHTS, DISTANCE, OR SPACE
 MAKE THE CHALLENGE PHYSICALLY EASIER, AND
 SCALE THE DIFFICULTY AS YOU GET MORE COMFORT-
 ABLE (OR ASK A COACH FOR HELP)