

Anatomy: Power Moves



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Anatomy: Freeze!

- **Freeze(-s)** - like a stop motion move. Originally it was a closing “shot” of your routine.
- Now **freezes** are largely incorporated into routines. The whole routine might **consist of freezes**.
- Basically any move **frozen “in the moment”** and being hold long enough can be called freeze.
- Most popular ones involve different kinds of **hand/head/shoulder-stands**.
- P.s. freezes are great for **photos**

