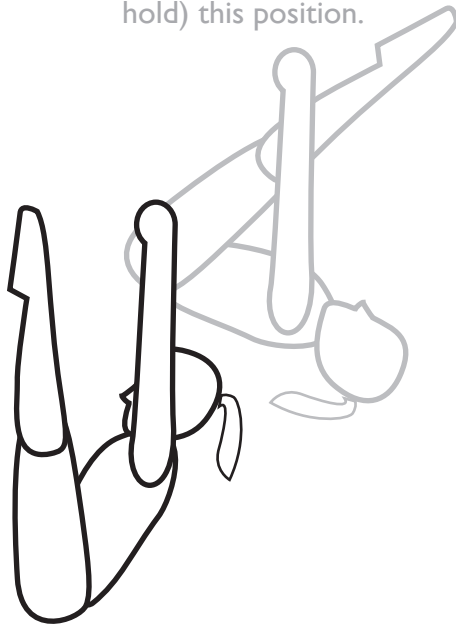


Pike-Open Basket Toss

Move very quickly
through (i.e. don't
hold) this position.



Shoot feet up like
a back extension
roll. Arch here if not
twisting. Arms T.

