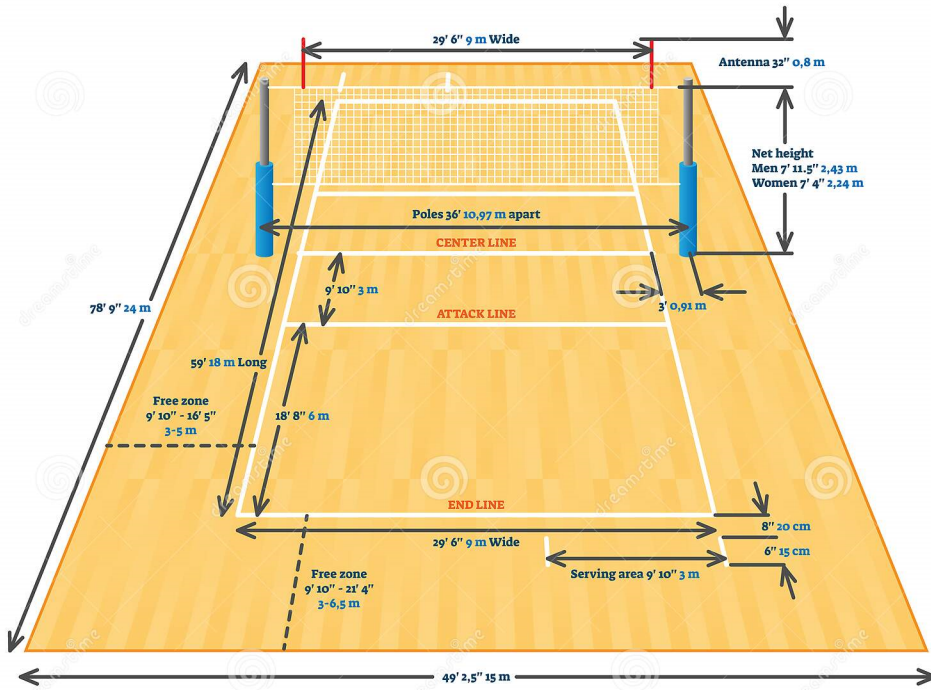
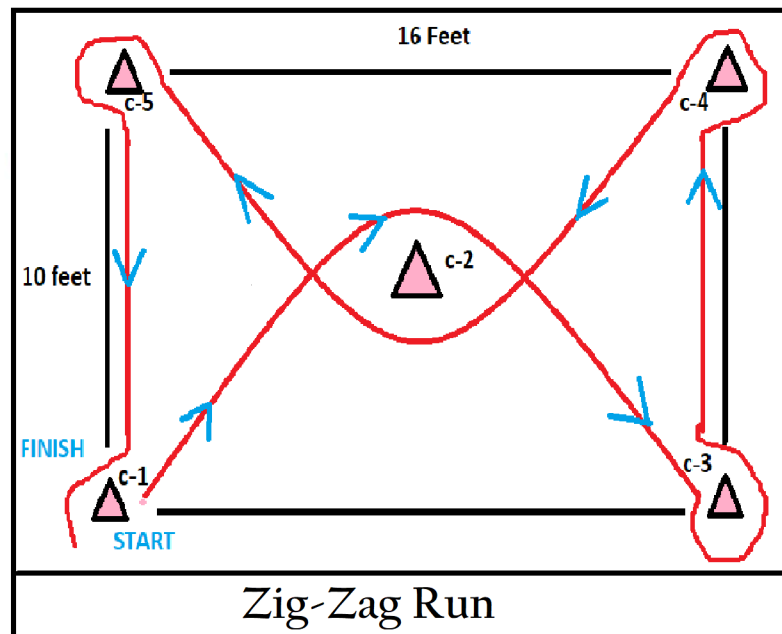
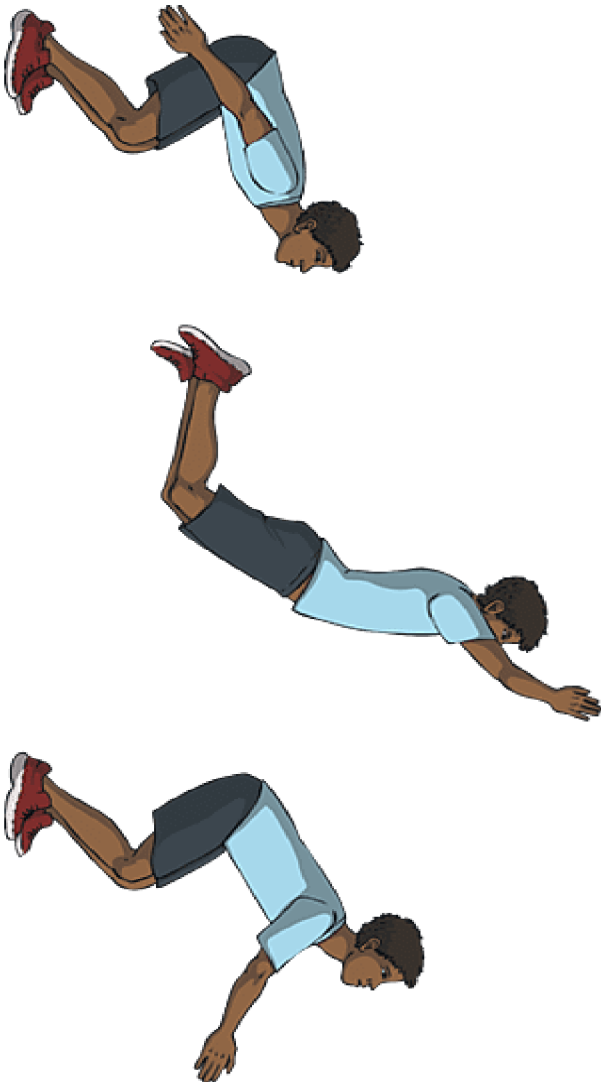


# VOLLEYBALL COURT DIMENSIONS

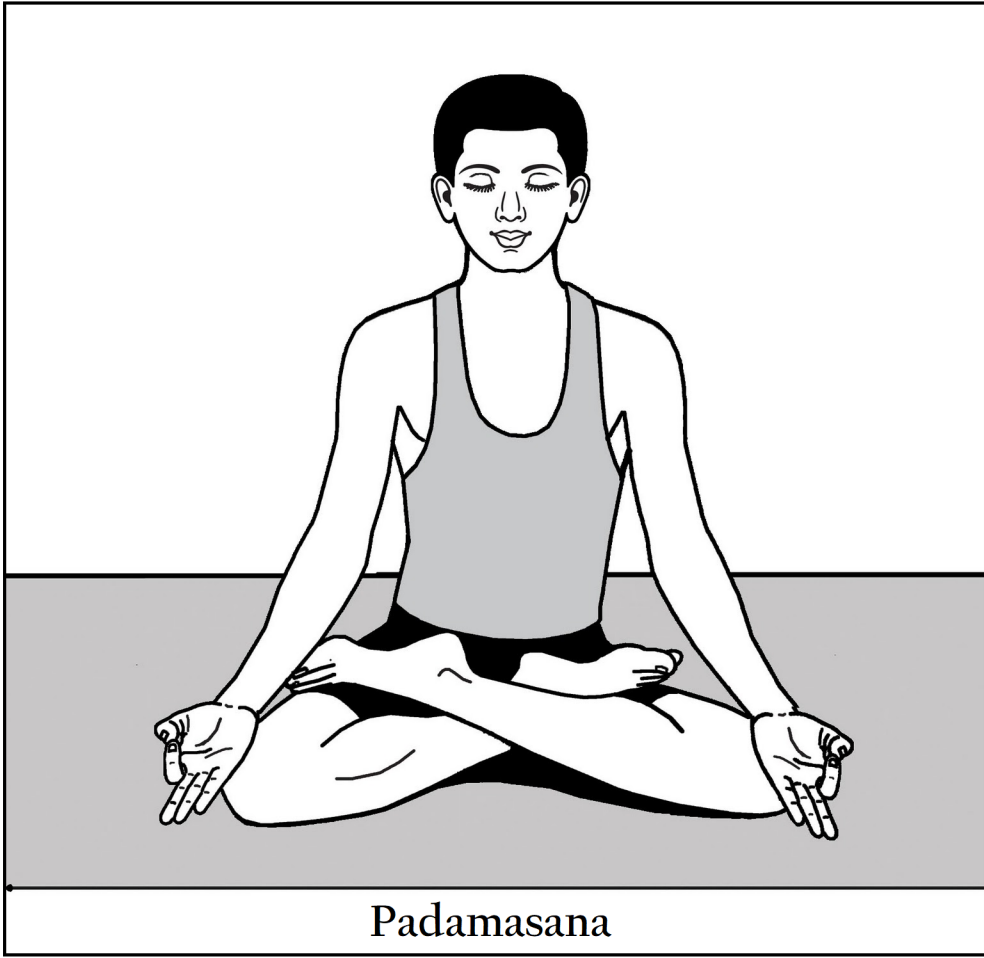


Medicine Ball Put

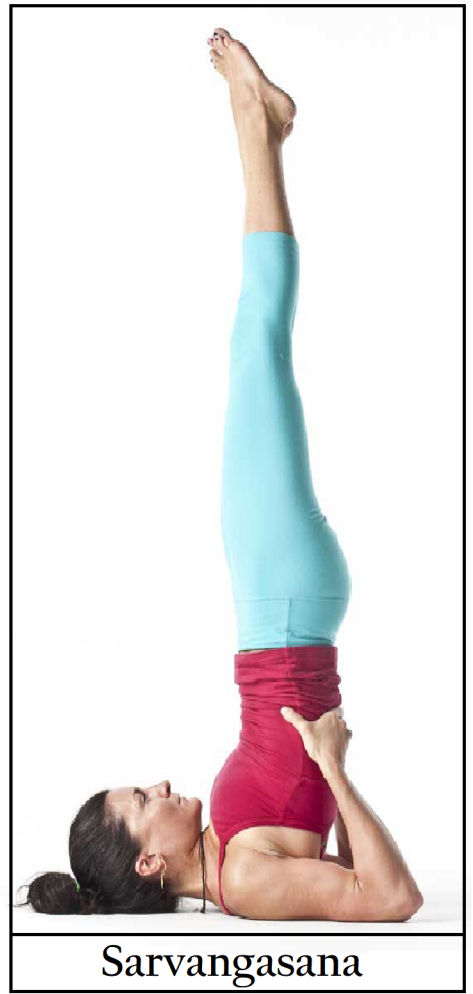
Standing Broad Jump



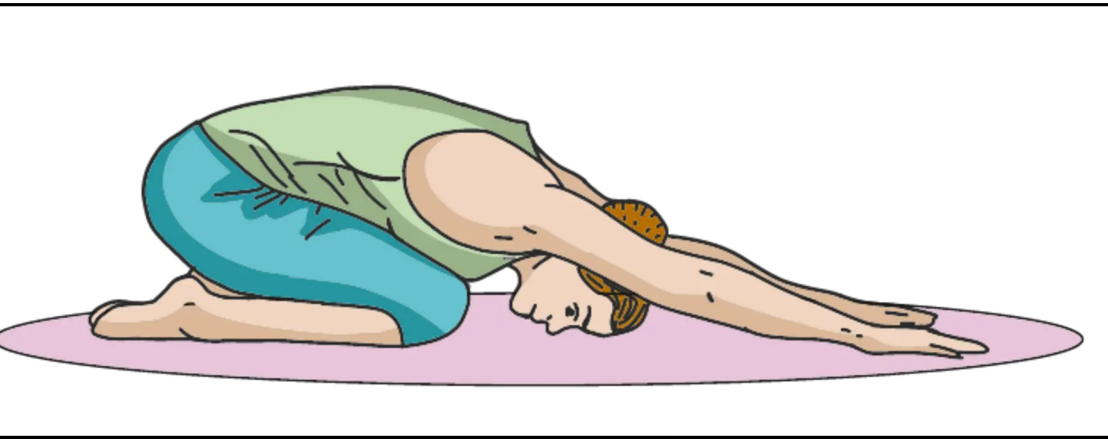
Zig-Zag Run



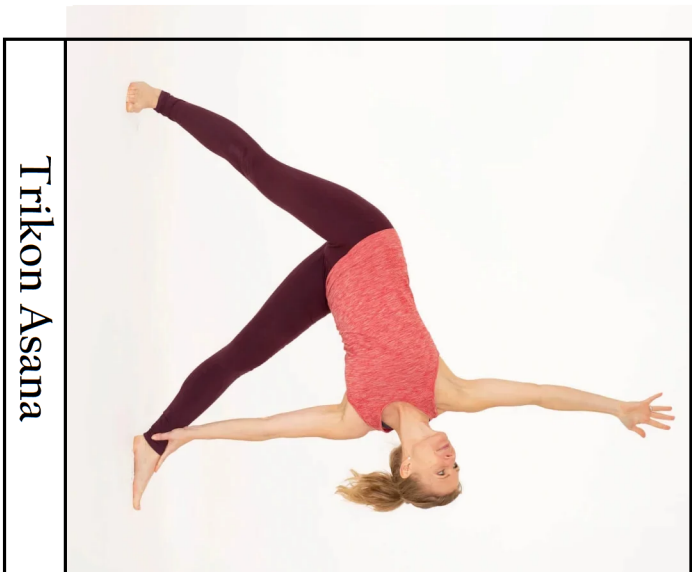
Padamasana



Sarvangasana



Shashank Asana



Trikon Asana



Tad Asana