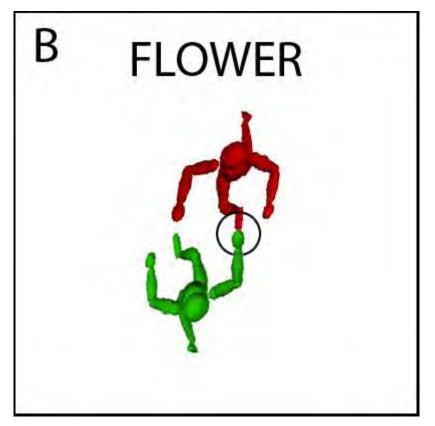
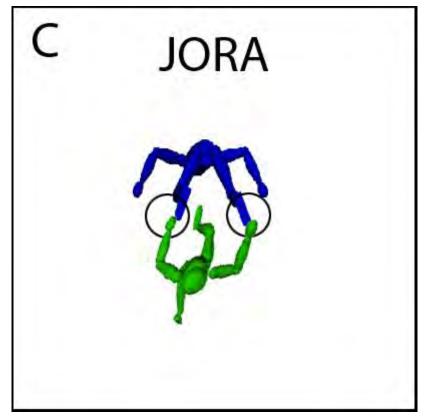


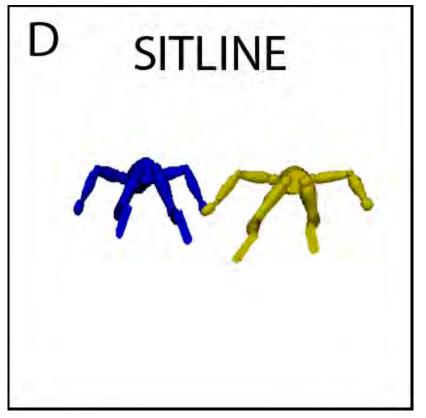
both head down; double arm grip



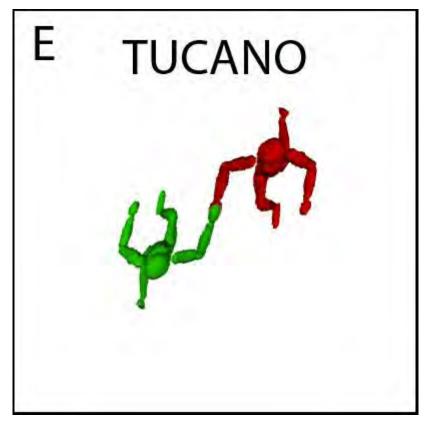
both head down; arm to foot grip; right arm on right foot



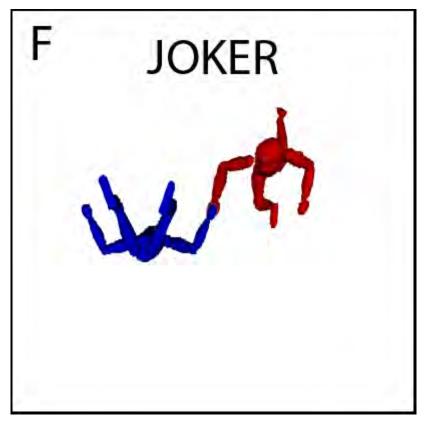
One head down - one head up; head down has a double arm to foot grip



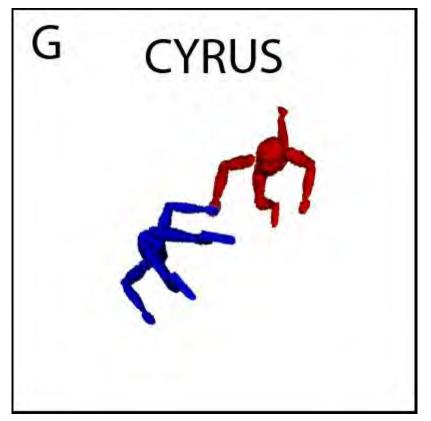
Both head up; arm to arm grip; left arm to right arm



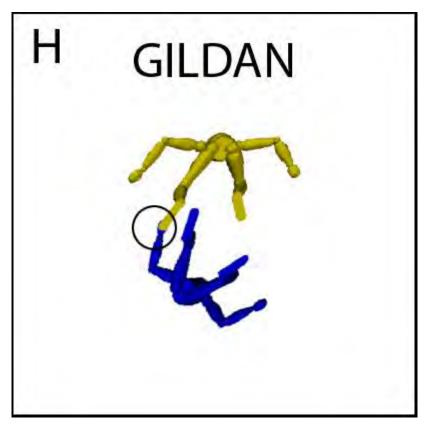
Both head down; arm to arm grip; right arm on right arm or left arm on left arm



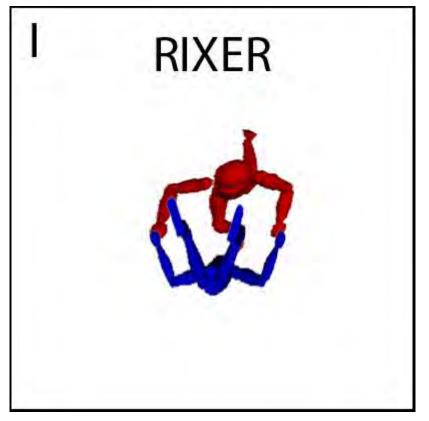
One head down – one head up; arm to arm grip; left arm on right arm



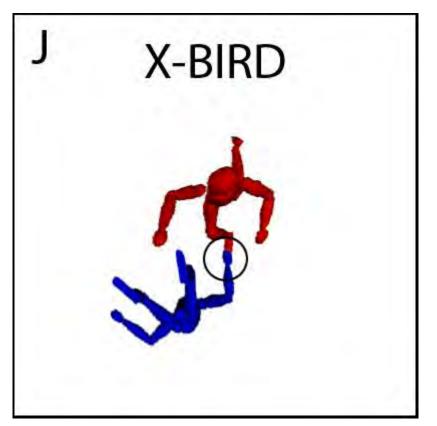
One head down - one head up; arm to arm grip; right arm on right arm or left arm on left arm



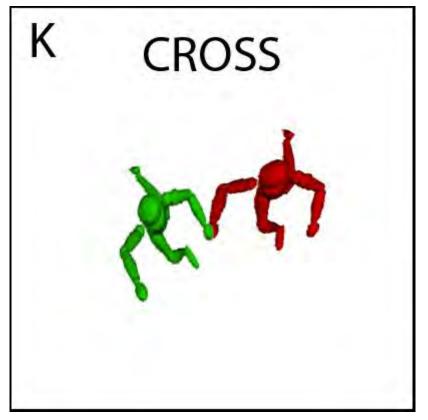
Both head up; arm to foot grip; right arm on left foot or left arm on right foot



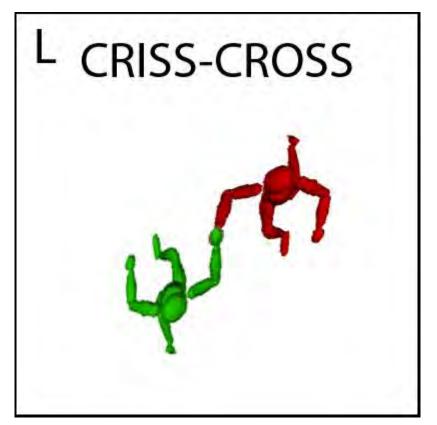
One head down – one head up; double arm grip



One head down - one head up; arm to foot grip; left hand on right foot or right hand on left foot



Both head down; arm to arm grip; left arm on right arm



Both head down; arm to arm grip; right arm on right arm or left arm on left arm