

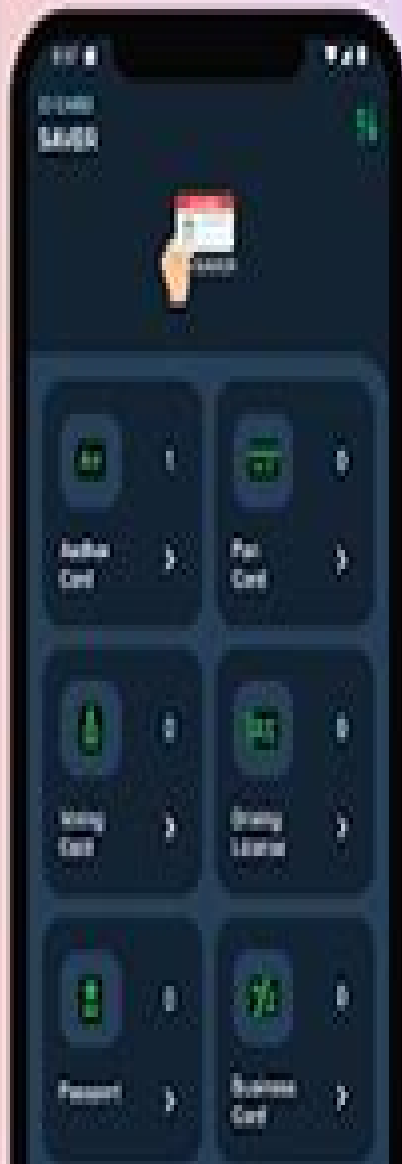
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going up only in reverse extend one leg and carefully lower it down in front of your body as you shift your weight into your

palms touch down with the ball of your foot then lower your other leg

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