



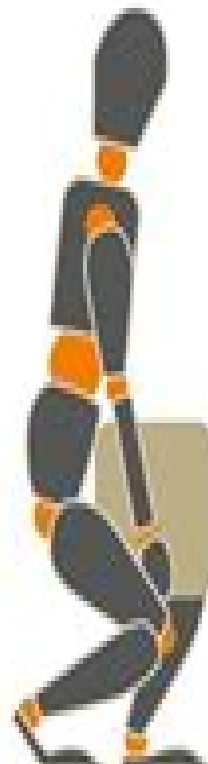
Stop & Think



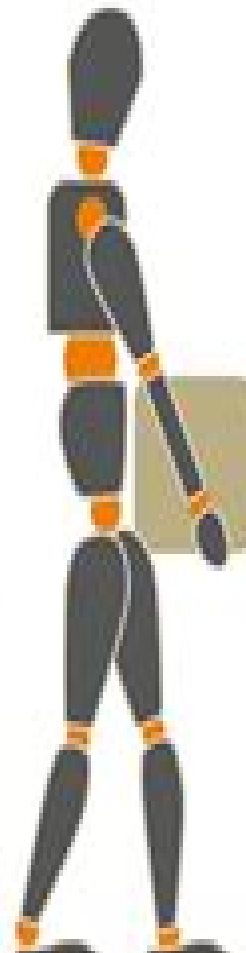
Position the
feet



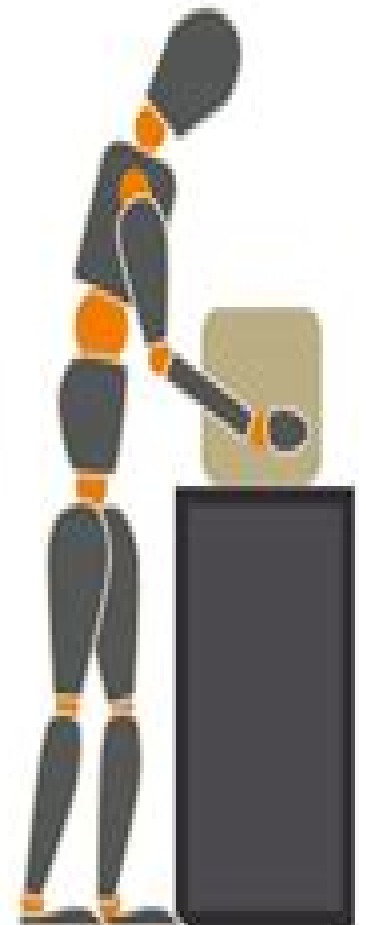
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good
posture



Get a firm
grip



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adjust

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Michael Rajnik



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