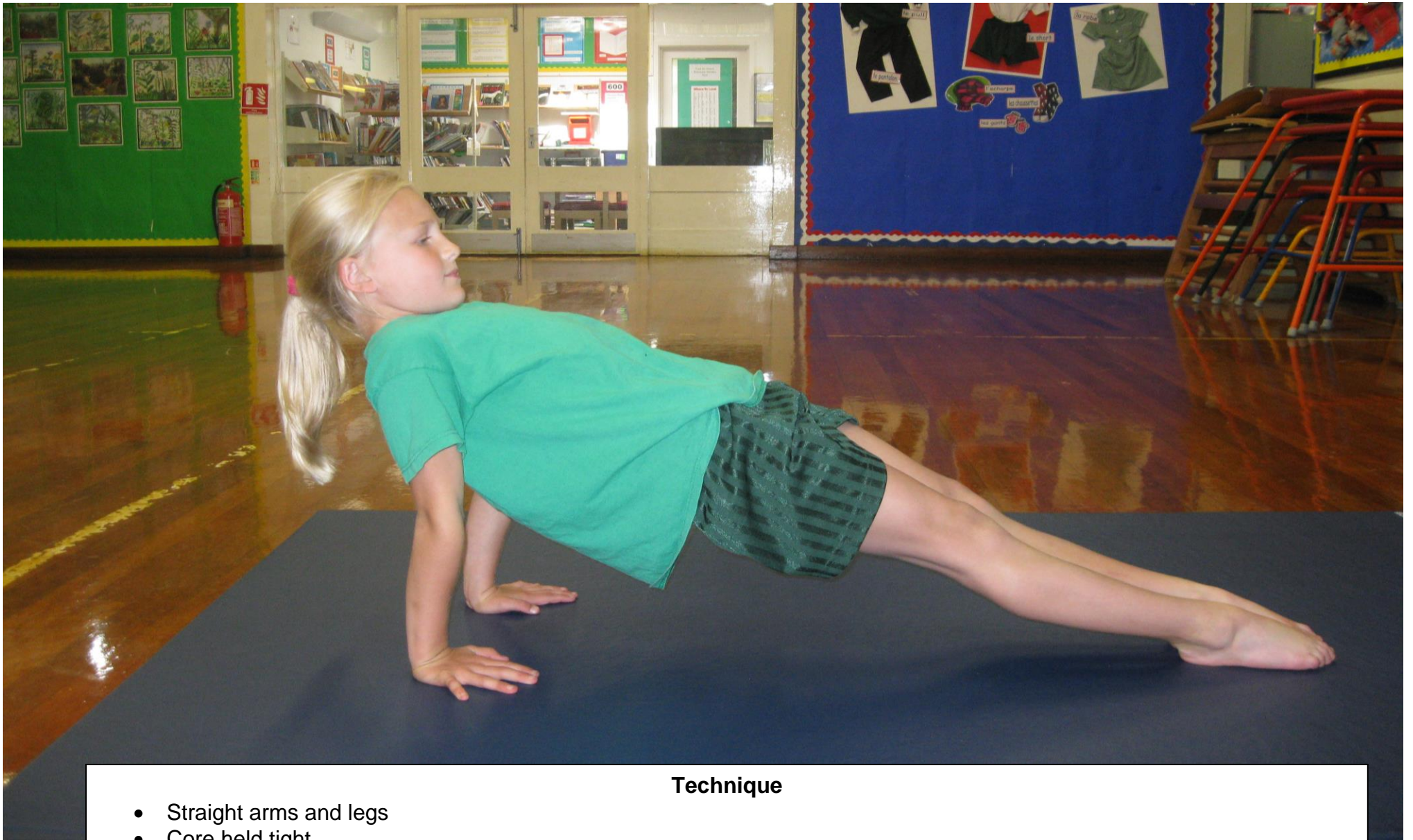


Individual Skills - Back Support



Technique

- Straight arms and legs
- Core held tight
- Straight body and pointed toes
- Fingers point forward