

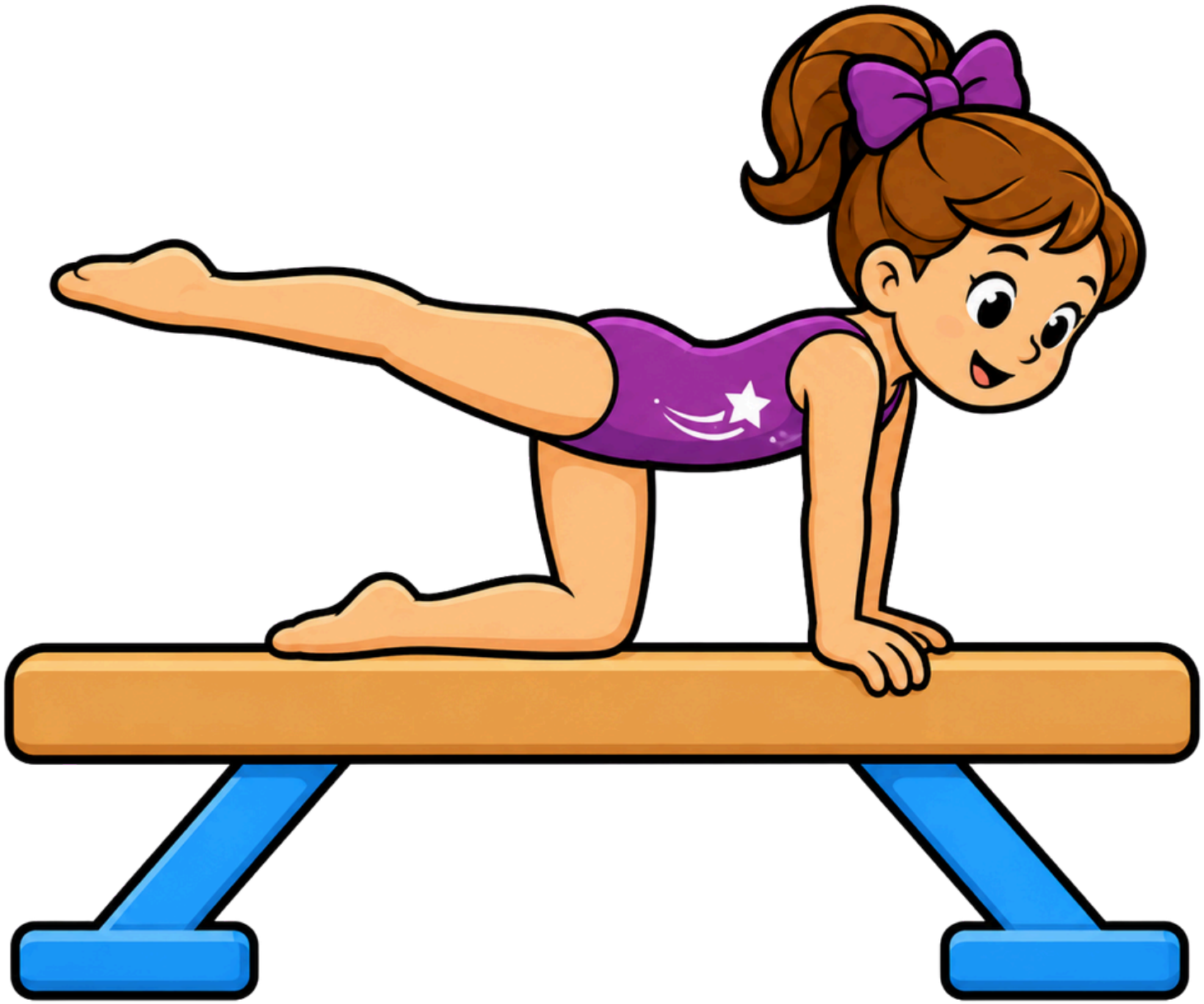
STRADDLE ON Vault Position



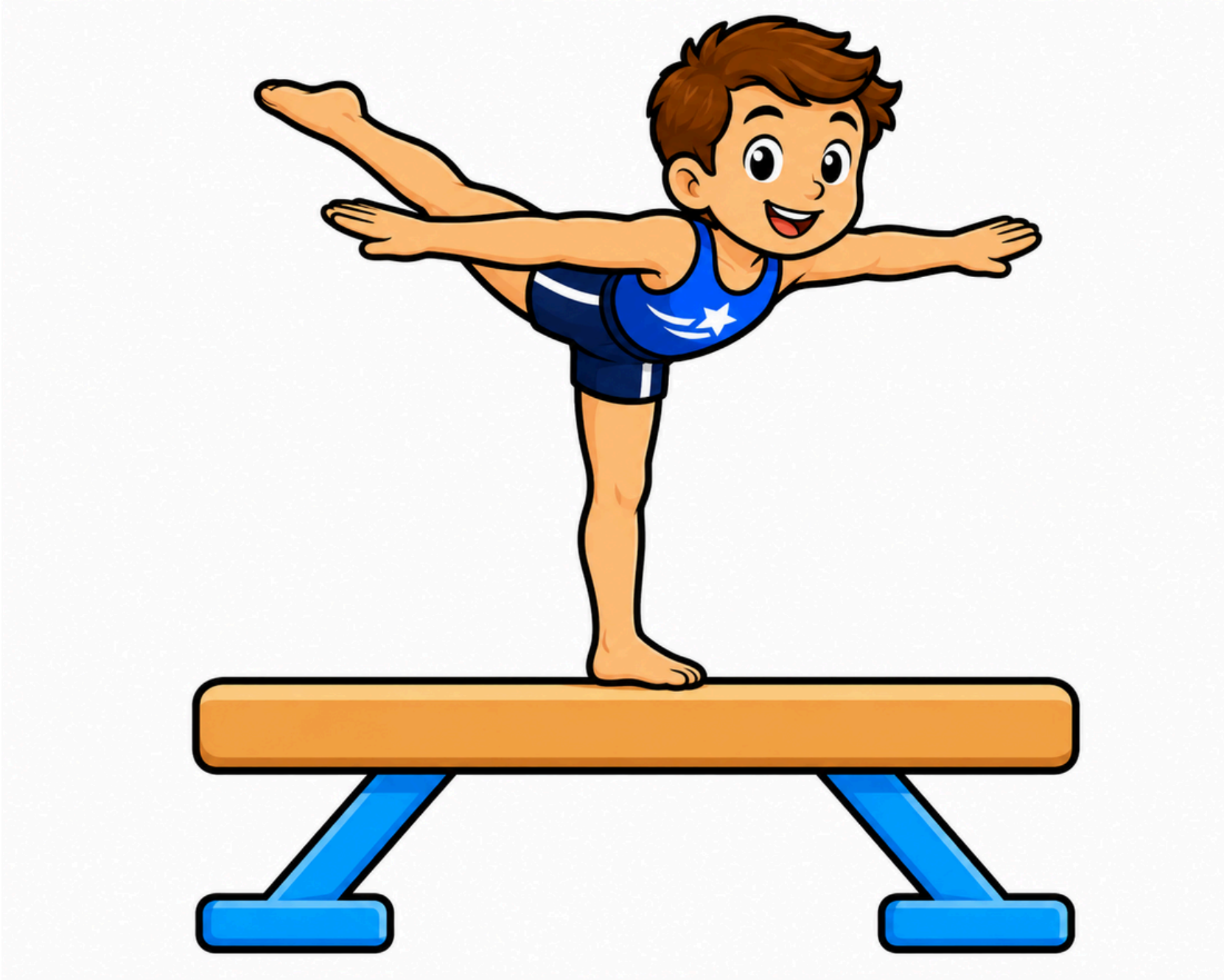
SQUAT ON Vault Position



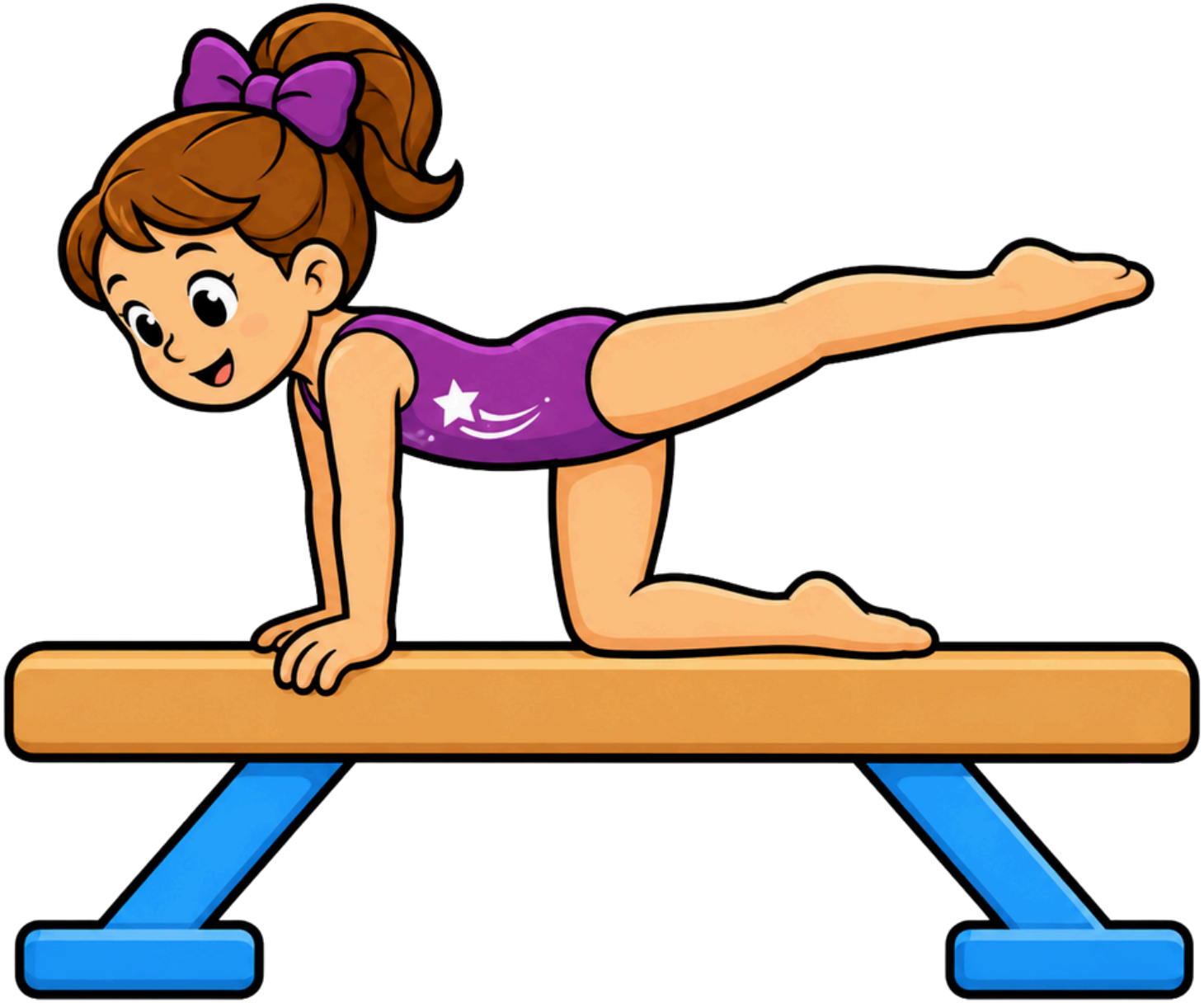
FRONT SUPPORT



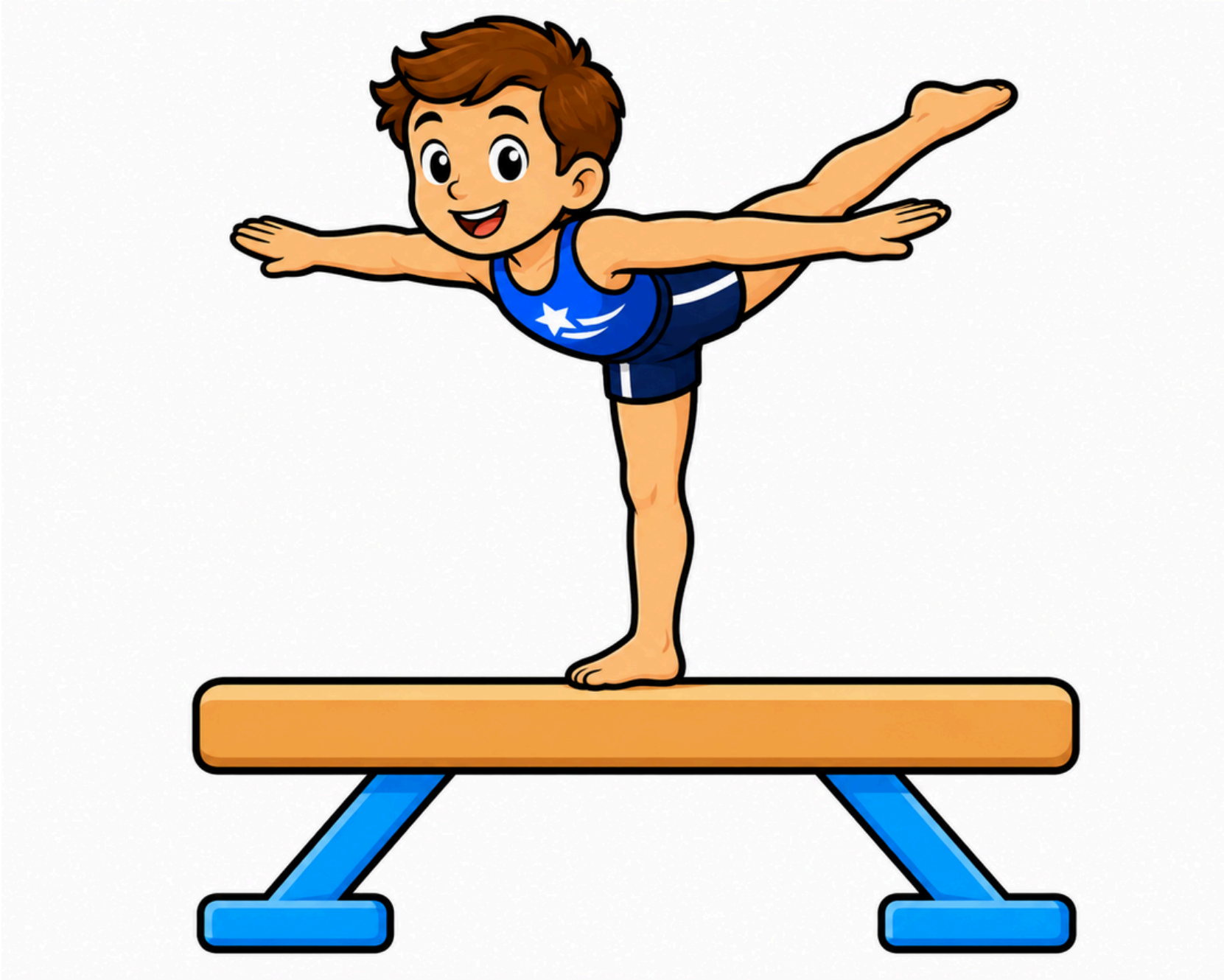
KNEE SCALE



STANDING SCALE



KNEE SCALE



STANDING SCALE