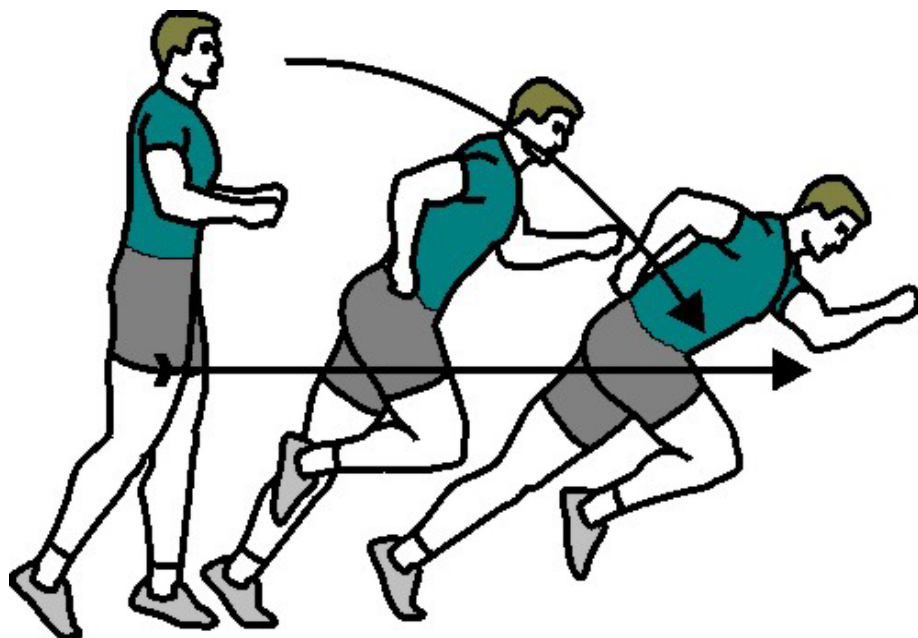


## PHYSIGRAPHE TRAINING CARD



-Let you fall down and recuperate at the last moment with high knees

Run 10 yards + Jump Knee High -10 sec.  
3 times in a row.



-Jump up  
-Lift knees