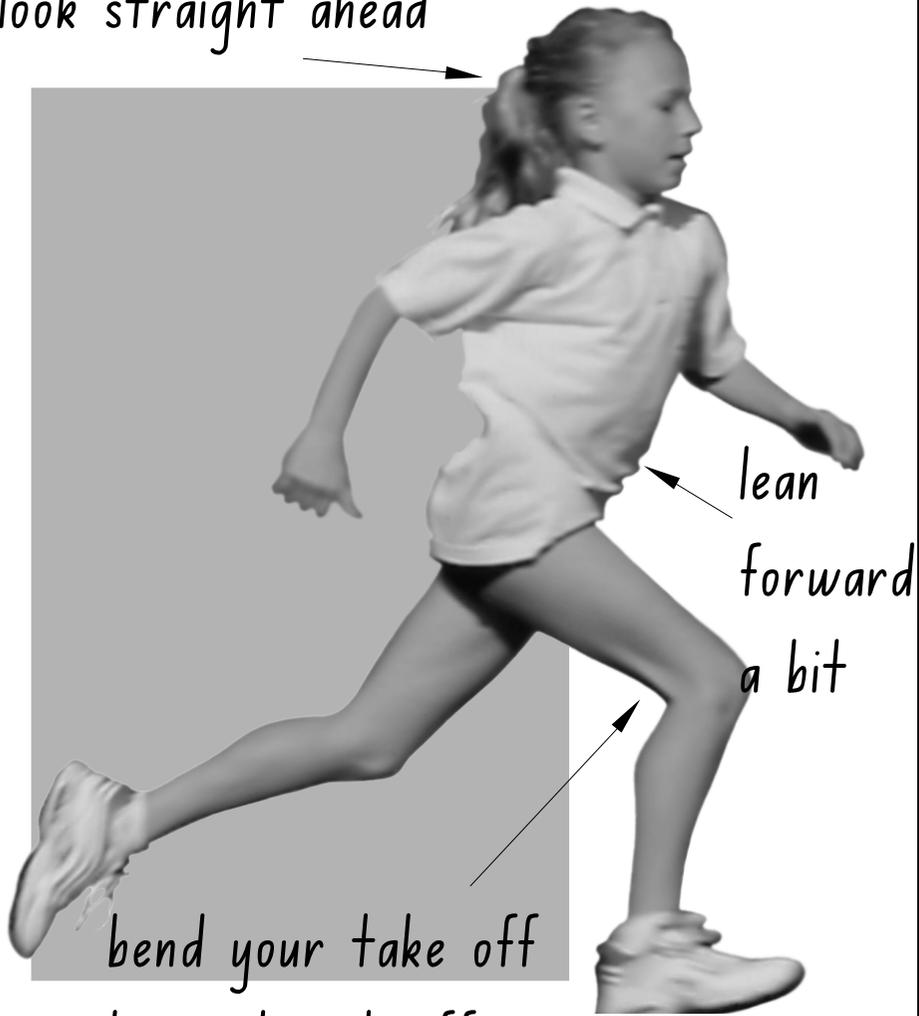


Leap

look straight ahead



lean forward a bit

bend your take off leg and push off

Show me how to ... leap



extend your arms opposite to your legs



straighten your legs after take off

Show me how to ... leap





*bend your
knee when
you land*

*land on the ball
of your foot*

Show me how to ... **leap**

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