

Chinese Jump Rope

Position:

Level 1

Level 2

Level 3

Level 4



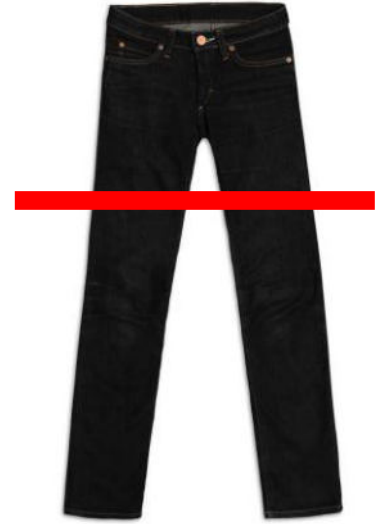
ankle



shin



knees



thighs

