

HOMOLATERAL PATTERN - 5 PERSON TEAM

START - IN UP POSITION (1 AND 3) THEN MOVE TO DOWN POSITION (2 AND 4).

TEAM MEMBERS MOVE, AS FOLLOWS

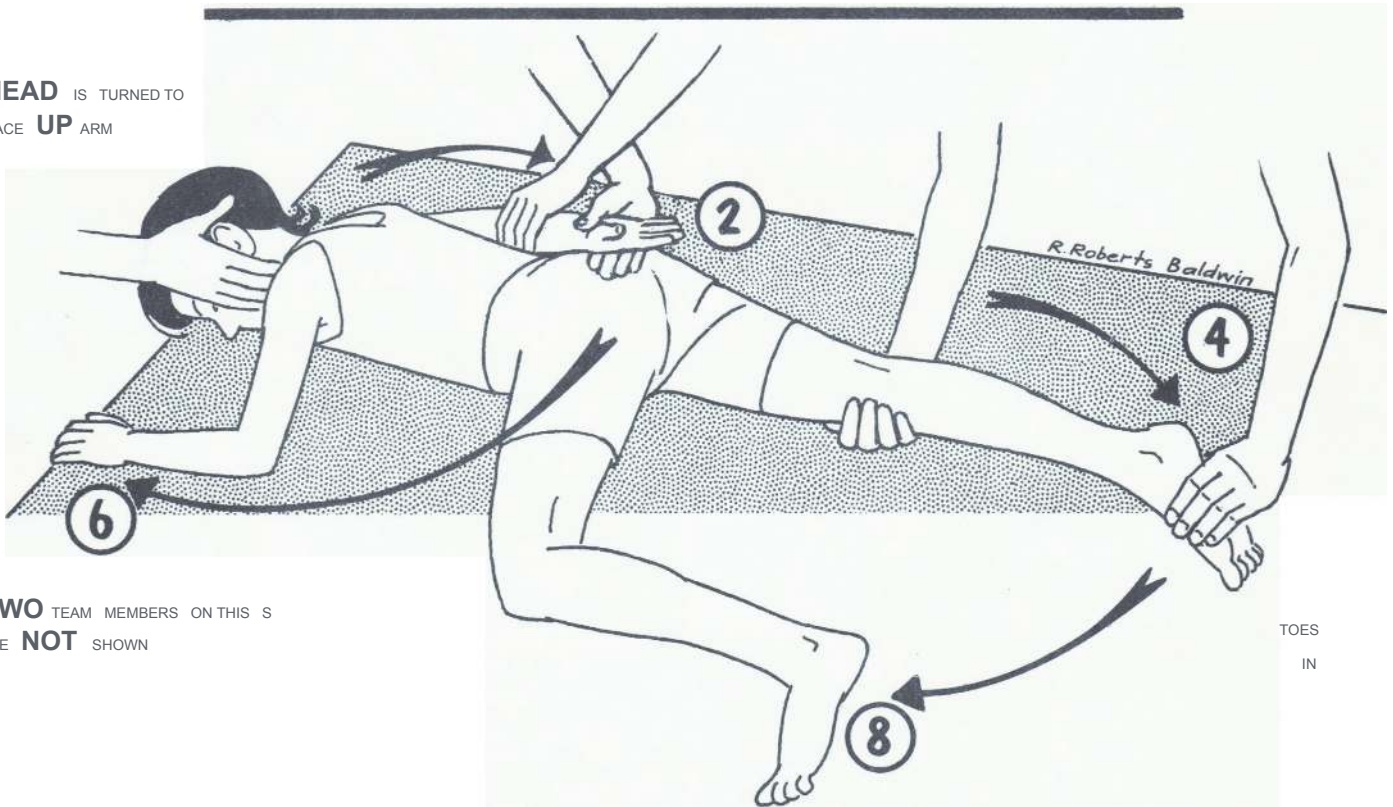
POSITION 1 TO POSITION 2, POSITION 3 TO POSITION 4,
POSITION 5 TO POSITION 6, POSITION 7 TO POSITION 8.

HEAD FACES
UP ARM



TWO TEAM MEMBERS ON THIS SIDE
SIDE NOT SHOWN

HEAD IS TURNED TO
FACE UP ARM



TWO TEAM MEMBERS ON THIS SIDE
SIDE NOT SHOWN

PERFORM _____ SESSIONS PER DAY FOR _____ MINUTES PER SESSION.