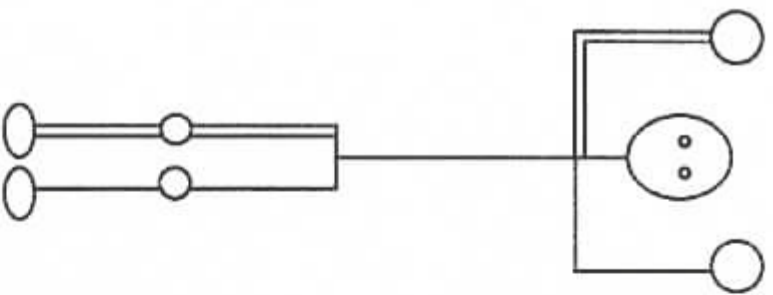
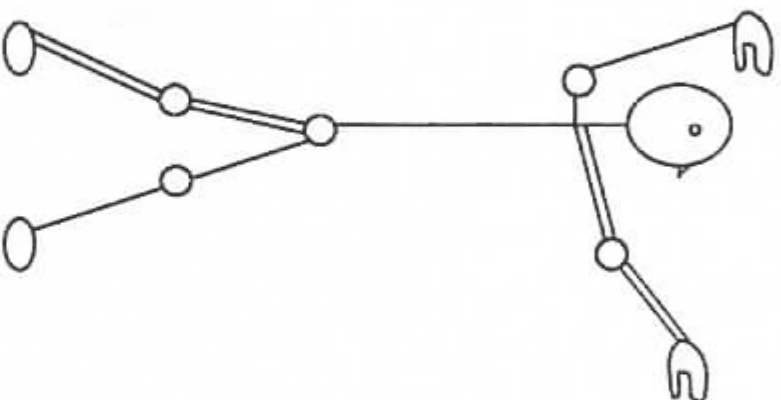


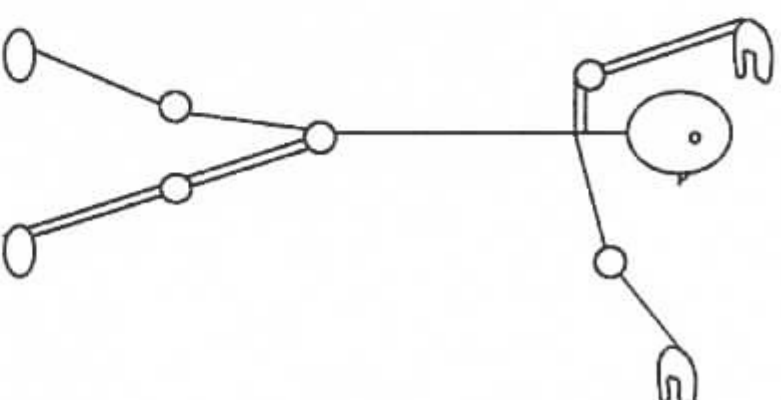
CROSS - PATTERN BRACHIATING WALK



Stand straight. Arms straight out to sides, bent at elbows, elbows level with shoulders.



Reach forward with right hand as though grasping a rung of an overhead ladder. At same time, step forward with left foot. Eyes looking at forward hand.



Reach forward with left hand and "grasp" again. Right arm moves straight back, elbow still level with shoulder. At same time, step forward with right foot. Eyes looking at forward hand.