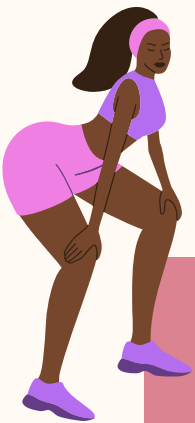


# SHAKE BASICS HOMEWORK



PASOS BASICOS	STAND/FLEX/ STAND FLEX Y LOWER BACK	SQUATS/ PYRAMID	CAT/FROG/ SNAKE/SIT	HANDSTAND/HE ADTOP/SPLIT/ POSTE/ UVE INVERTIDA Y UVE
SHAKE UP	✓	✓	✓	
SHAKE DOWN	✓	✓	✓	
SHAKE OPEN CLOSE	✓	✓	✓	