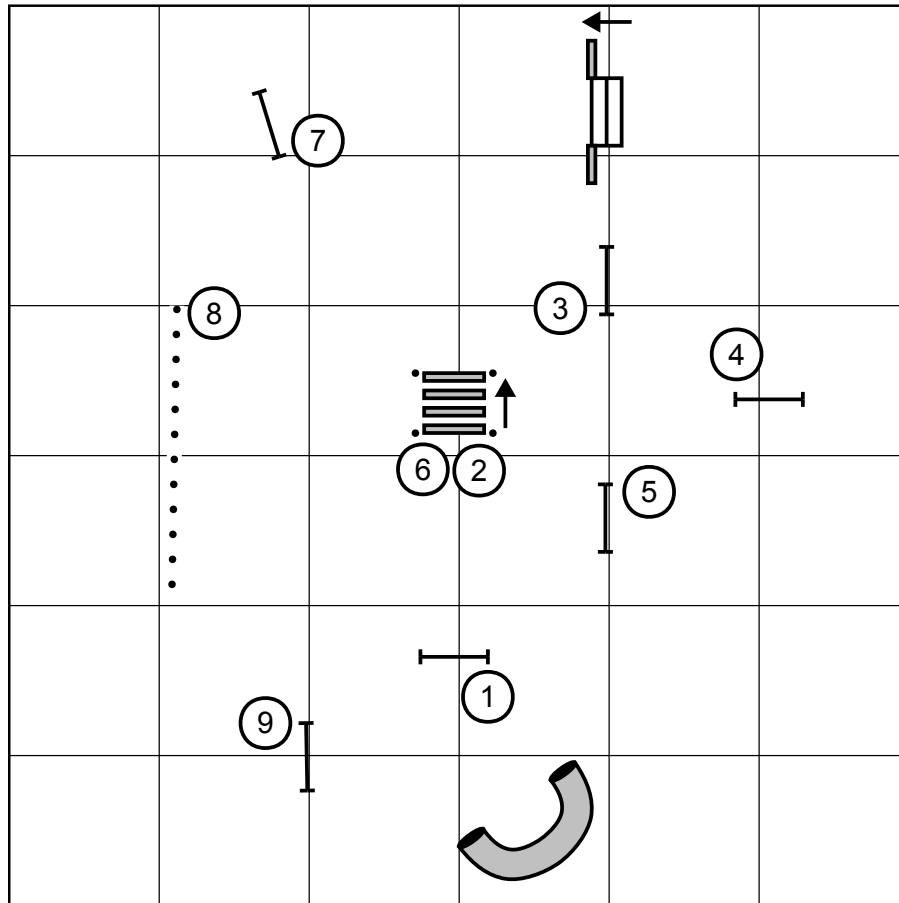


Bridge Over Troubled Broad Jumps

By Kathy Keats

These sequences will help you get comfortable with different crosses at the broad/long jump. Try using both front and rear crosses on the take-off and landing side of the obstacle.

Exercise 1



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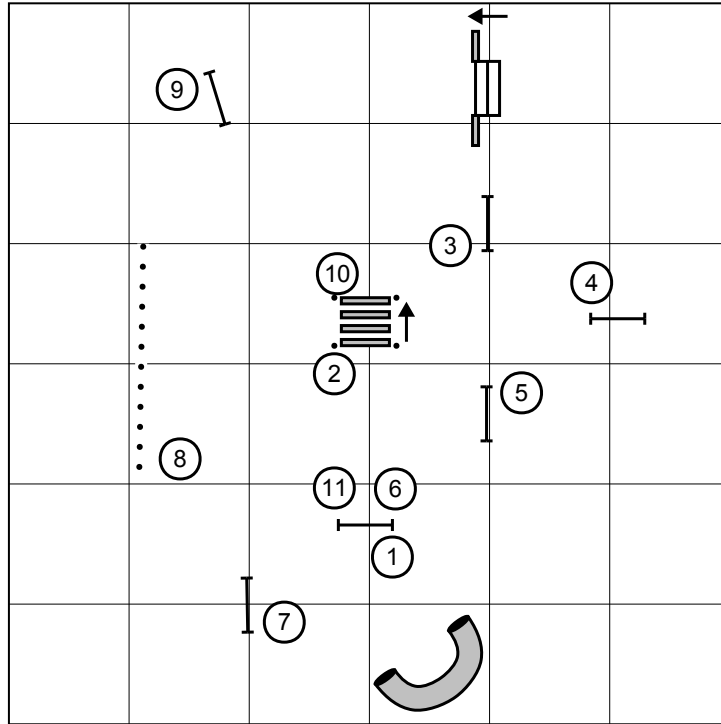
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Exercise 2



Exercise 3

