

how to _____

1. Noun
2. Noun
3. Noun - Plural
4. Noun
5. Noun - Plural
6. Noun
7. Noun
8. Noun - Plural
9. Noun
10. Noun
11. Adverb
12. Body Part
13. Body Part
14. Body Part
15. Body Part
16. Body Part
17. Body Part
18. Body Part
19. Body Part
20. Verb - Base Form
21. Noun
22. Noun
23. Noun

24. Verb
25. Noun
26. Body Part
27. Noun
28. Noun
29. Noun
30. Verb - Base Form
31. Body Part
32. Body Part
33. Body Part
34. Body Part
35. Noun
36. Verb - Base Form
37. Body Part
38. Noun - Plural
39. Preposition Or Subordinating Conjunction
40. Noun
41. Noun
42. Verb - Non 3Rd Person Singular Present
43. To
44. Preposition Or Subordinating Conjunction
45. Verb
46. Verb
47. Determiner
48. Noun

49. Preposition Or Subordinating Conjunction
50. Pronoun
51. Preposition
52. Preposition Or Subordinating Conjunction
53. Preposition
54. Pronoun
55. Determiner
56. Noun
57. Pronoun
58. Noun

how to _____

Start with a _____ Noun, preferably a padded one. Make sure you have plenty of open space all around you, and a padded _____ Noun underneath you. Stand about four to five feet away, facing the wall. Lift your _____ Noun - Plural straight up over your _____ Noun. Lunge forward and place both _____ Noun - Plural in front of you on the floor, shoulder-width apart, about a foot away from the wall. Keep your fingers spread out slightly and facing forward. Using the momentum from your _____ Noun, _____ Noun one leg up toward the wall, and then follow it with your other leg. Keep your _____ Noun - Plural straight. It doesn't matter which leg you lead with -- you should do what feels most comfortable. If you aren't able to get all the way up into a _____ Noun it can help to have a spotter who pulls your legs up. Once you get into a _____ Noun, check your form and positioning. Try to be as _____ Adverb as possible:

Keep your _____ body part straight and together, with your _____ body part pointed towards the ceiling

Tighten your _____ body part and back so you aren't arching your back or bending in the hips.

Peek at your _____ body part, but don't stick your _____ body part out.

Push down through your palms so your _____ body part and _____ body part are fully extended,

_____ body part always locked out.

Once you can _____ Verb - Base Form up to a straight _____ Noun, practice holding it for a few seconds longer each time. This will help you strengthen the muscles you'll need to hold it without a _____ Noun, and improve your balance as well. When you feel ready, attempt your _____ Noun without using the wall. You may want to

have a spotter to help you _____ Verb _____. The _____ Noun _____ should hold your _____ body part _____ once you kick up.

In your first attempts, you might be a little nervous that you will kick too hard and go right over the top. A _____ Noun _____ should be able to prevent this from happening, but you will want to learn some good ways to come out of your _____ Noun _____ when you don't have a _____ Noun _____:

_____ Verb - Base Form _____ out: Bend your _____ body part _____, tuck your _____ body part _____ under (_____ body part _____ to your _____ body part _____), and do a forward roll out of your _____ Noun _____.

_____ Verb - Base Form _____: Twist your _____ body part _____ and walk one hand around. Your body will make a quarter turn, and you will be able to step down without going over the top. Though this method seems more complicated, most _____ Noun - Plural _____ prefer it once they learn it.

When you are successfully doing a _____ Preposition or subordinating conjunction _____ on your own, have someone take a look at your body position. Is your body straight like a _____ Noun _____? The tighter you are, the easier it will be for you to hold a _____ Noun _____.

_____ Verb - Non 3rd Person Singular Present _____ to _____ Preposition or subordinating conjunction _____, _____ Verb _____

_____ Verb _____ Determiner _____ Noun _____ Preposition or subordinating conjunction _____ Pronoun _____

_____ Preposition _____ Preposition or subordinating conjunction _____ -- _____ Preposition _____ Pronoun _____,

_____ Determiner _____ Noun _____ Pronoun _____ Noun _____

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