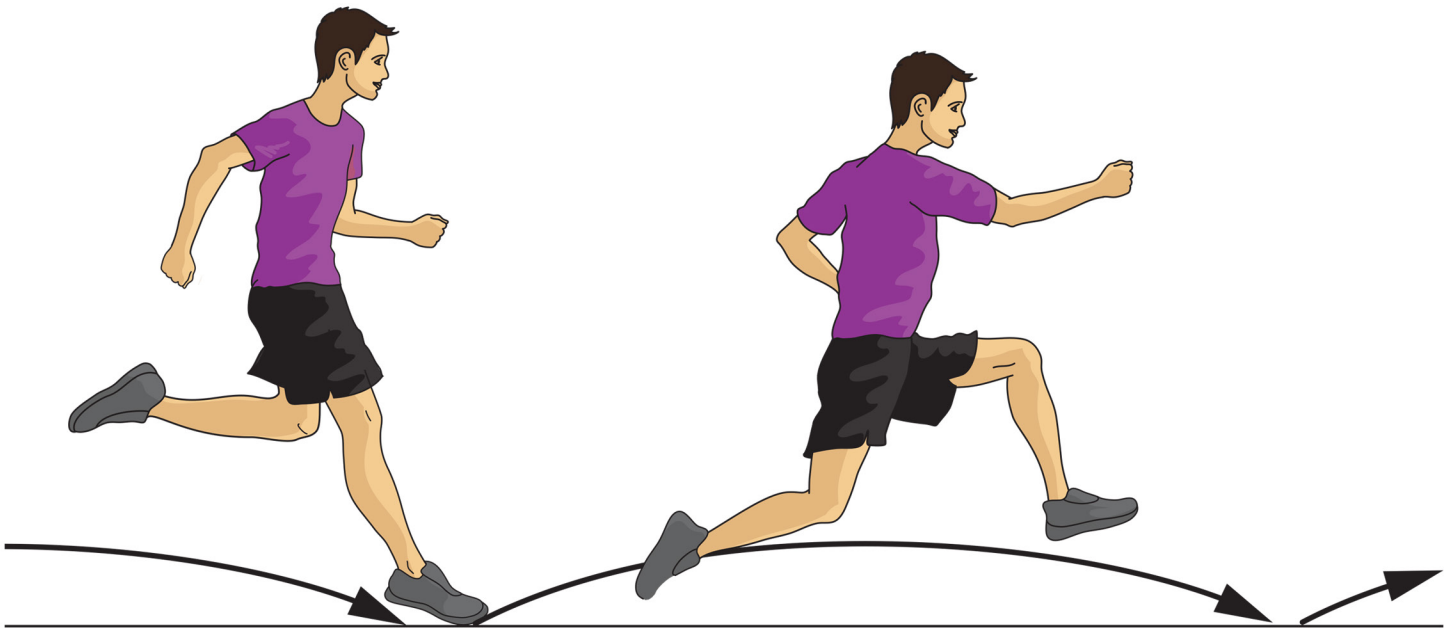




# BOUNDING FOR DISTANCE



## HOW TO DO IT:

- 1 Take 10 bounding strides, emphasizing distance.
- 2 Turn around.
- 3 Repeat.

**make it easier:**

Shorten length of stride.

**make it harder:**

Lengthen bounding steps.