

**1. Exercise Name**

**2. Adjust Springs &  
Equipment**

**3. Describe Start Position**

**4. Cue Basic Movement**

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**Cue Muscles:**

- **Stabilizers**
- **Mobilizers**

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**Cue Pelvic  
Alignment**

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**Cue Goal or  
Essence of  
Exercise**

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**Cue  
Principle**

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**Give One  
Student a  
Personal  
Correction**

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