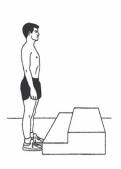
ILLUSTRATED INSTRUCTIONS FOR THE MCAFT (TWO-STEP)

Vertical Jum













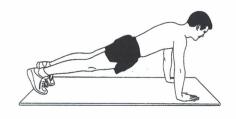














Grip Strength Back Extension









