

# Vampire Spot (OUT)

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- Orientation, Chin-to-Chest Spot.
- Momentum Assist at back of head or between shoulder blades as you push lower body over.

### If student is lifting hips

Orientation: Chin-to-Chest Spot



Momentum Assist Spot



Push legs up and over, bringing student back to Coffin.

Coffin

### If student is not lifting hips

Momentum Assist Spot



Lift hips.



Push legs up and over, bringing student back to Coffin.



Coffin