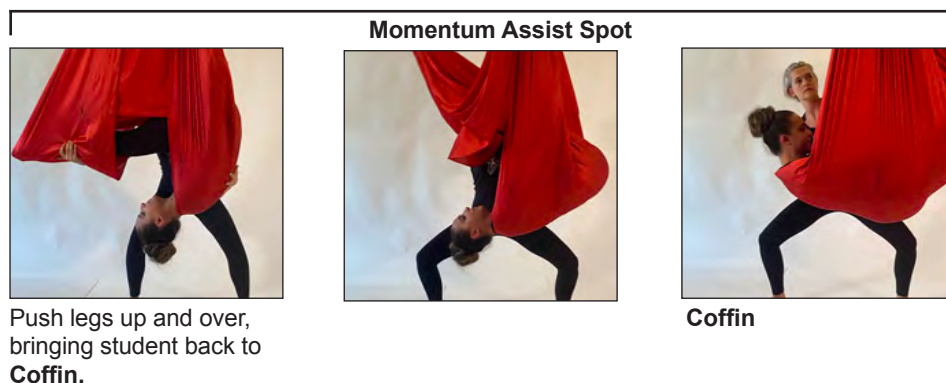
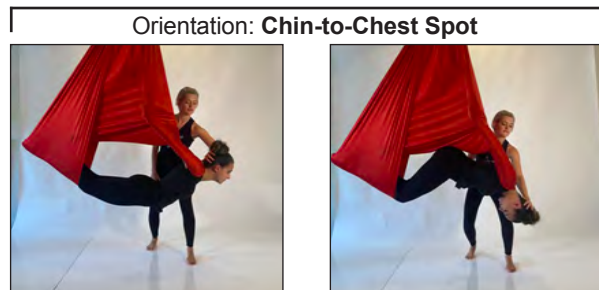


Vampire Spot (OUT)

Vampire Spot (OUT)

- 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



If student is not lifting hips

