



### The Set-up

- Feet tight together, slight bend with soft knees
- Grip - thumb over the top OR underneath
- Arms hang down and drifts out - then curl
- Elbow releases as you curl up and release wrist

### Key Points

- Visualize a ball resting in elbow that you must arc over and release wrist at top of the move
- Remember- there is a rhythm to the move!



**gstarfit**  
eternalyouth

