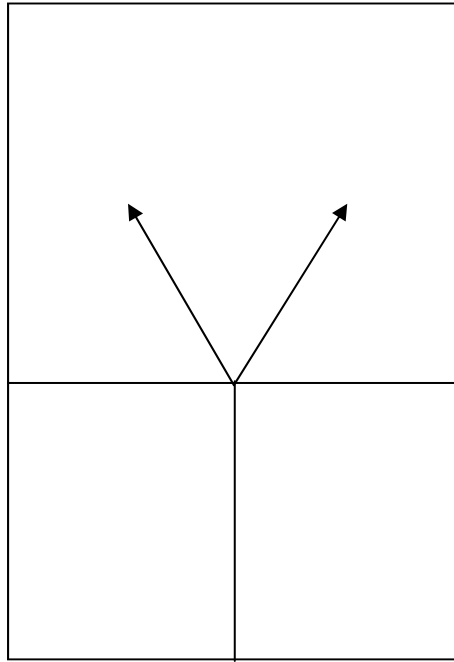
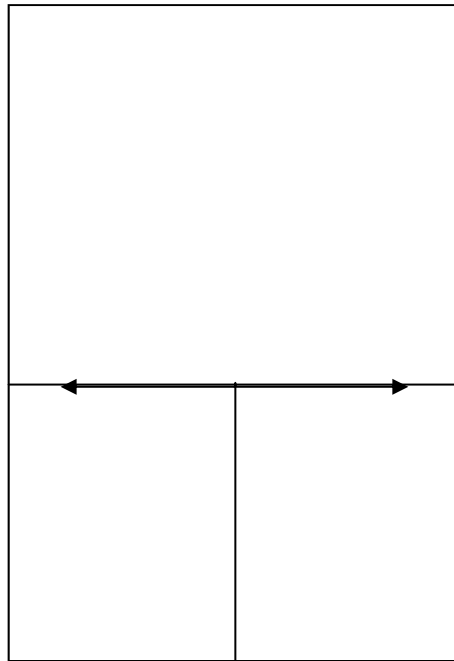


Lunges - Front Court



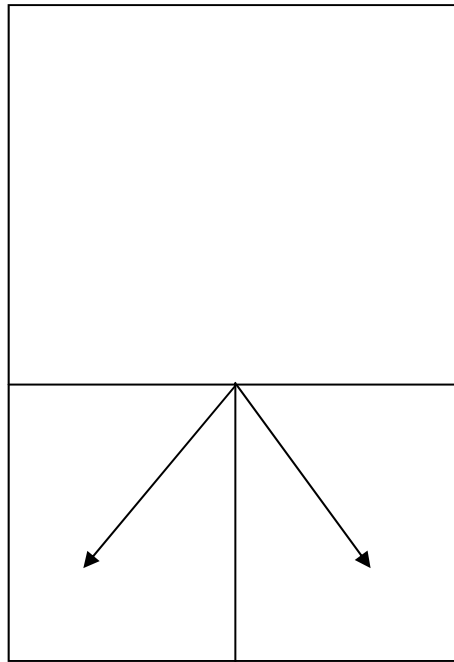
Player lunges 1 step toward each front corner, pushes back to 'T'.

Lunges - Mid Court



Player lunges 1 step to side, back to 'T', lunge to other side.

Lunges - Back Court



Player lunges 1 step towards each back corner, returning to 'T' after each step.