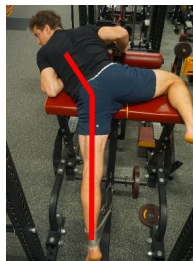


Reverse Hyper Coaching Points

1. Stance, Hold w/ Opposite Hand Video

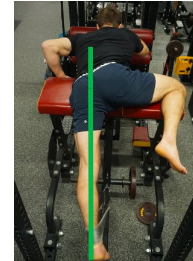
Strength – Wide



Power – In-line



Speed – Narrow



2. 3-Way Foot Video



3. Foot Roll Video

Strength



Power



Speed



4. Squeeze Big Toe Video

5. Leg Moving Down = Toes Up