

SPALLS Stick Pull

#1 angr 19 og 18 bl. J.

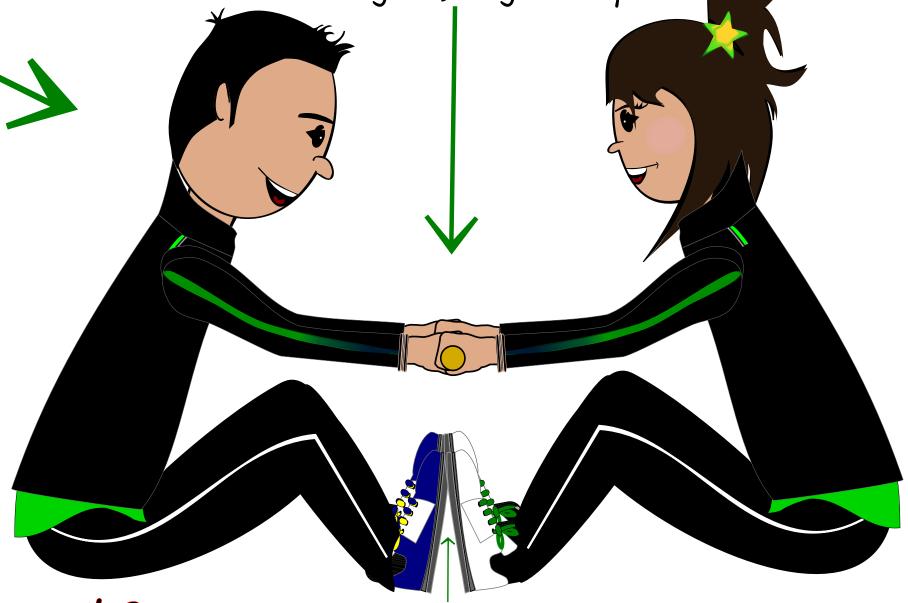
#10n the floor facing your partner.

#3.6400 NJF45.1.

#3Grab the pulling stick.
At the signal, begin to pull.

#**4**4P~ arby45.

#4 Try to pull your partner over.



#243 βρι ΔΡςίλι Δος Δος Διοληίος.

#2Place the soles of your shoes against your partner's.