# box 1 hi low

## Movement 1

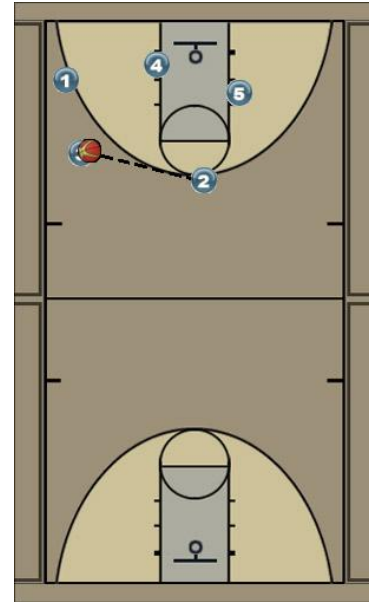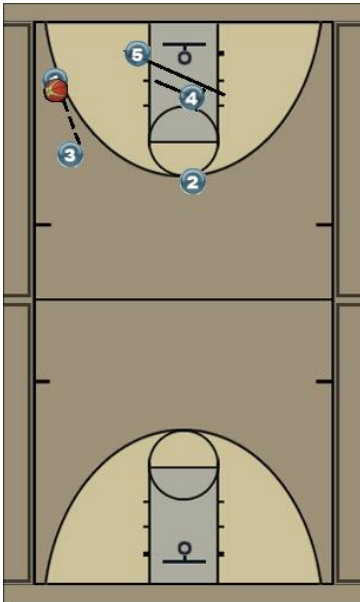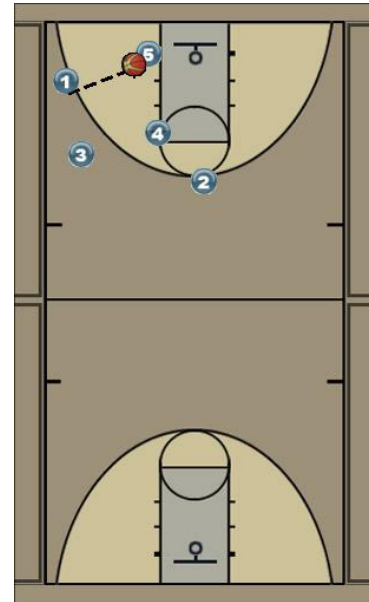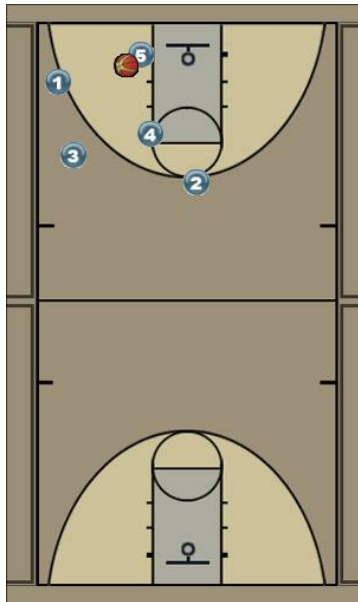## Movement 2
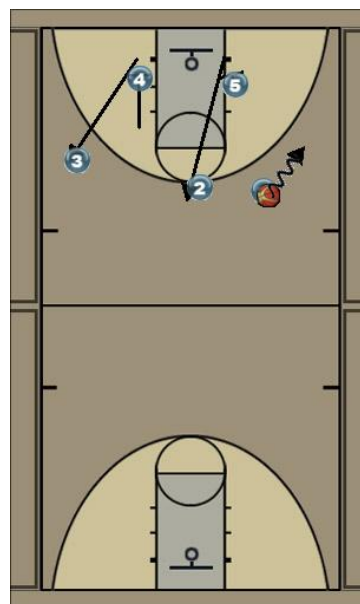
## Movement 3
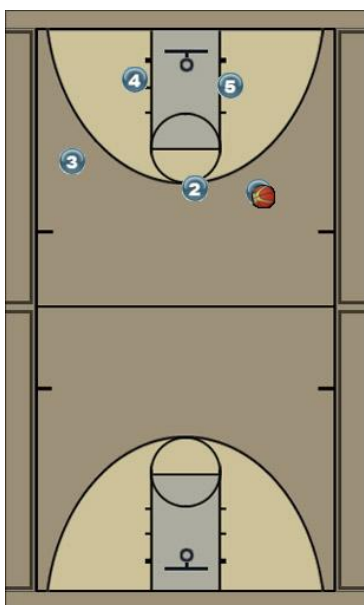
## Movement 4
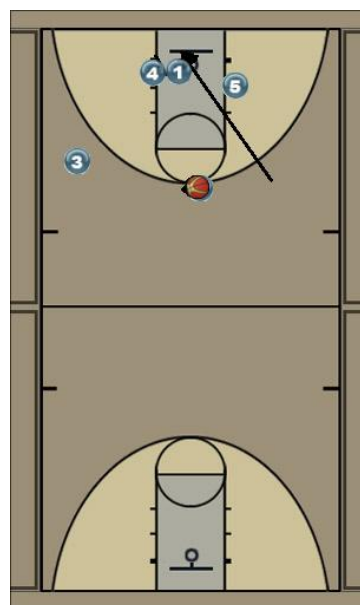
# Movement 5
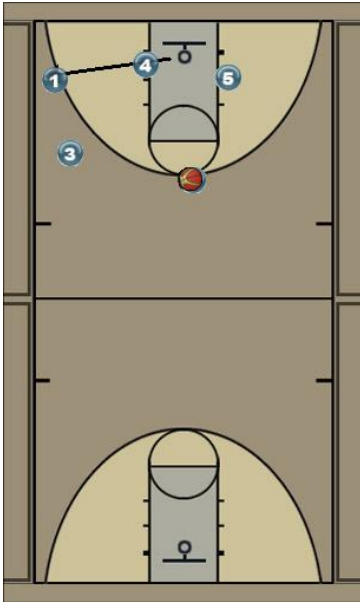
# Movement 6

# Movement 7

# Movement 8

# Movement 9



Box big hi low