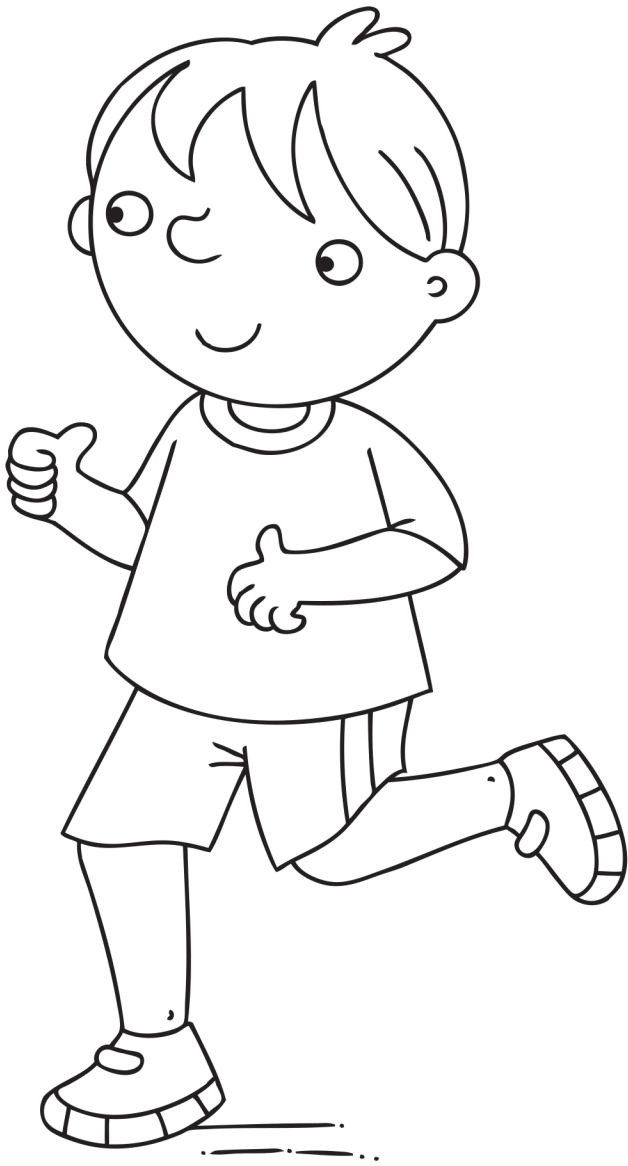


Action stations

Demonstrate these actions and use the illustrations as symbols for exercise stations



run



wave