

Rugby Excellence:

LINEOUT LIFT

1



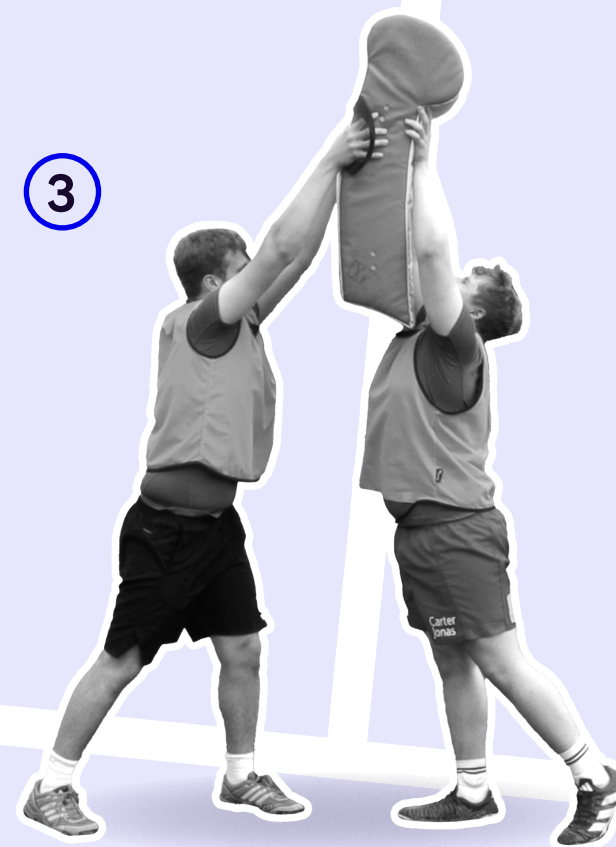
FEET POSITION

2



SQUAT POSITION

3



LIFT