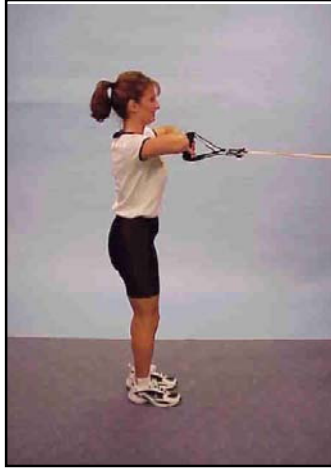


Dura-Band Swimming Cross Resistance Drills and Strengthening Program

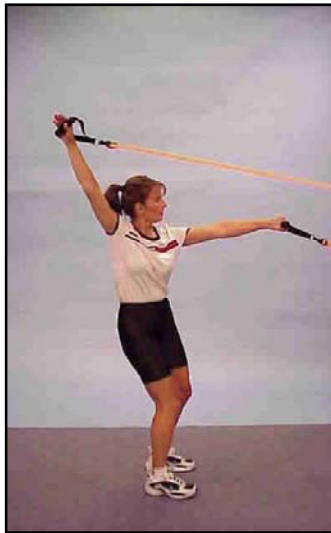
1



2

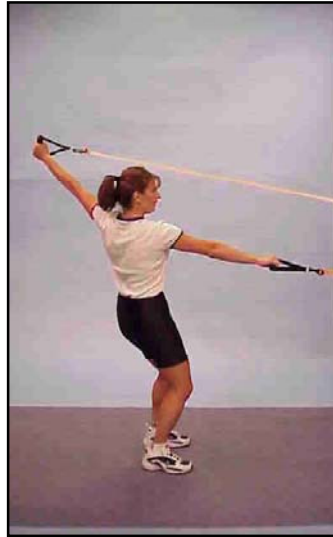


3



Dura-Band Swimming Cross Resistance Drills and Strengthening Program

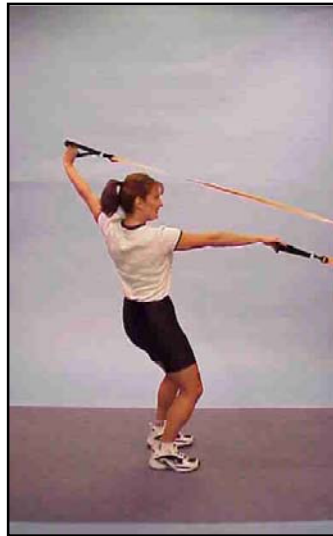
4



5

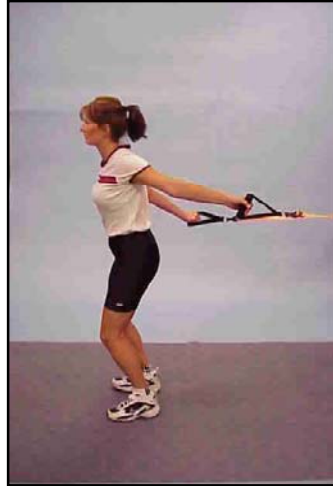


6



Dura-Band Swimming Cross Resistance Drills and Strengthening Program

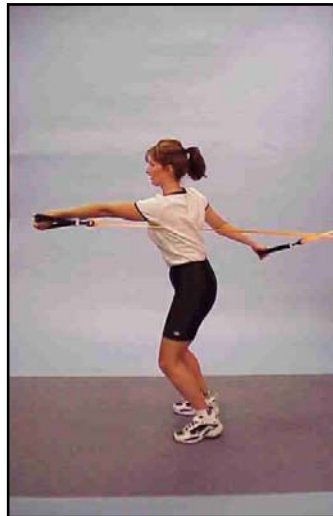
7



8



9



Dura-Band Swimming Cross Resistance Drills and Strengthening Program

10

