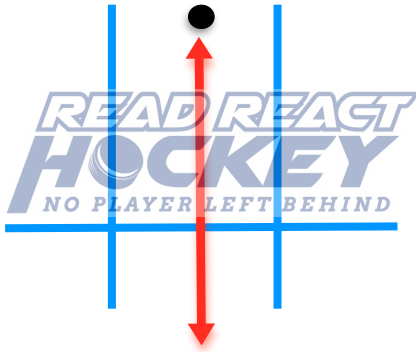


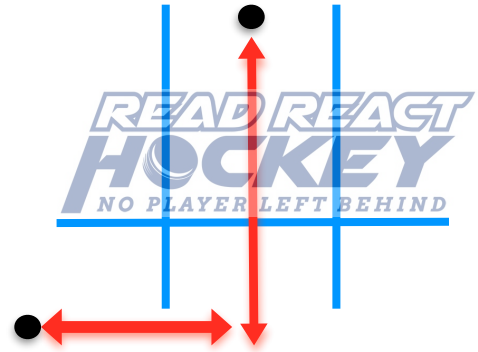
Jager Homework

Each exercise should be do to a slow count to ten, then move immediately to the next exercise. Perform this circuit 3 times daily. (Shown as a lefty shot, for Right handed shots do opposite)

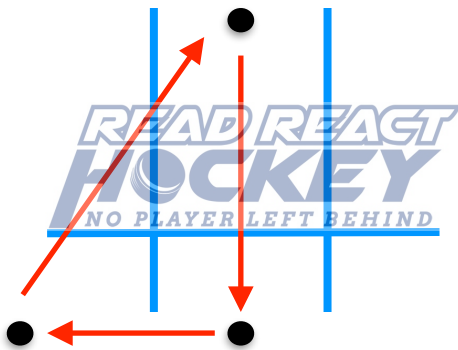
1. Middle



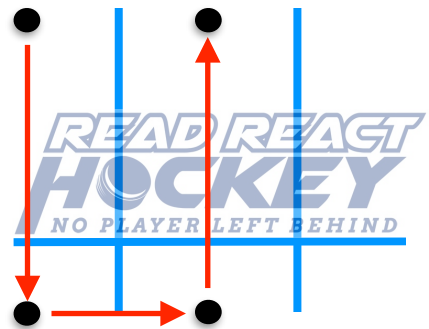
2. Middle out



3. Full Jager



4. Pick up w/ stick through legs



5. Alternate #3 and #4



6. Shoot

