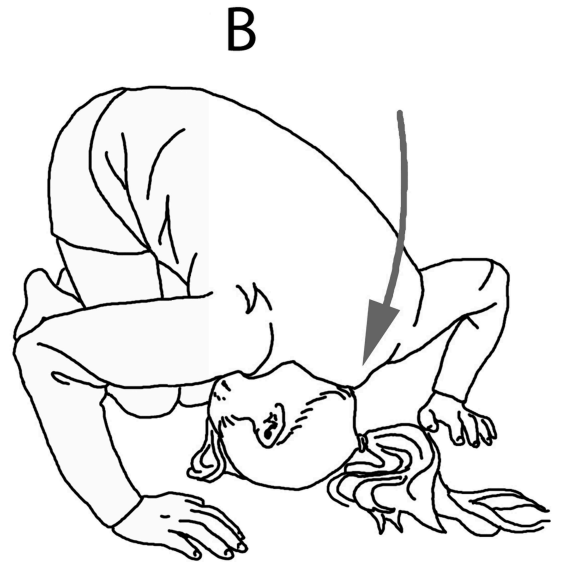


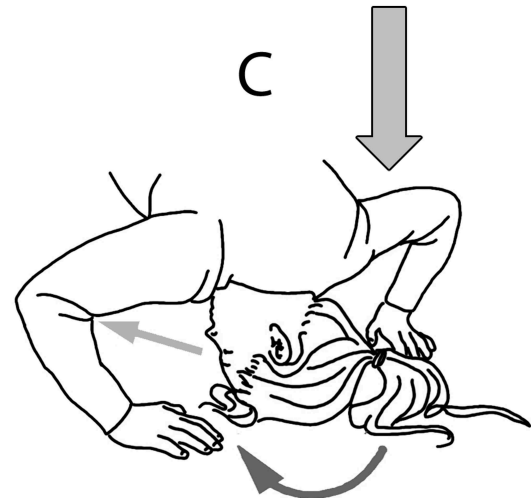
Look straight up at ceiling



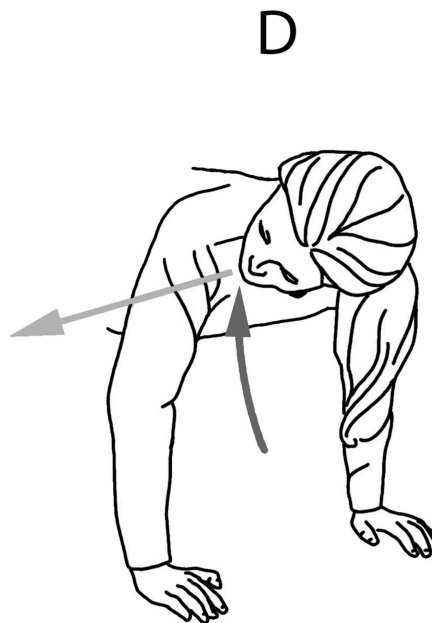
Place head in somersault position

Dark curved arrows show head movements

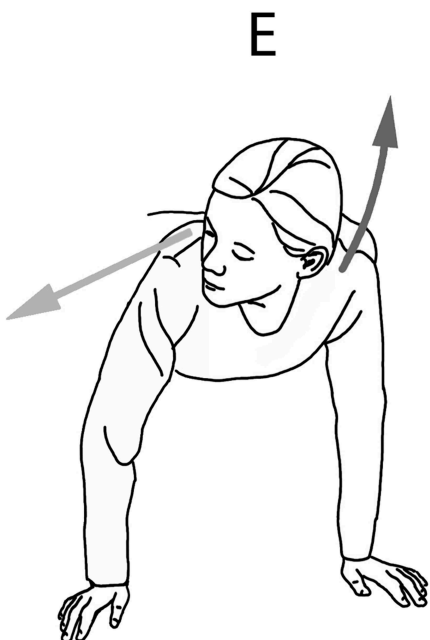
Lighter arrows near eyes show the direction you should be facing



Turn head to face right elbow



Raise head quickly to back level



Raise head fully upright