

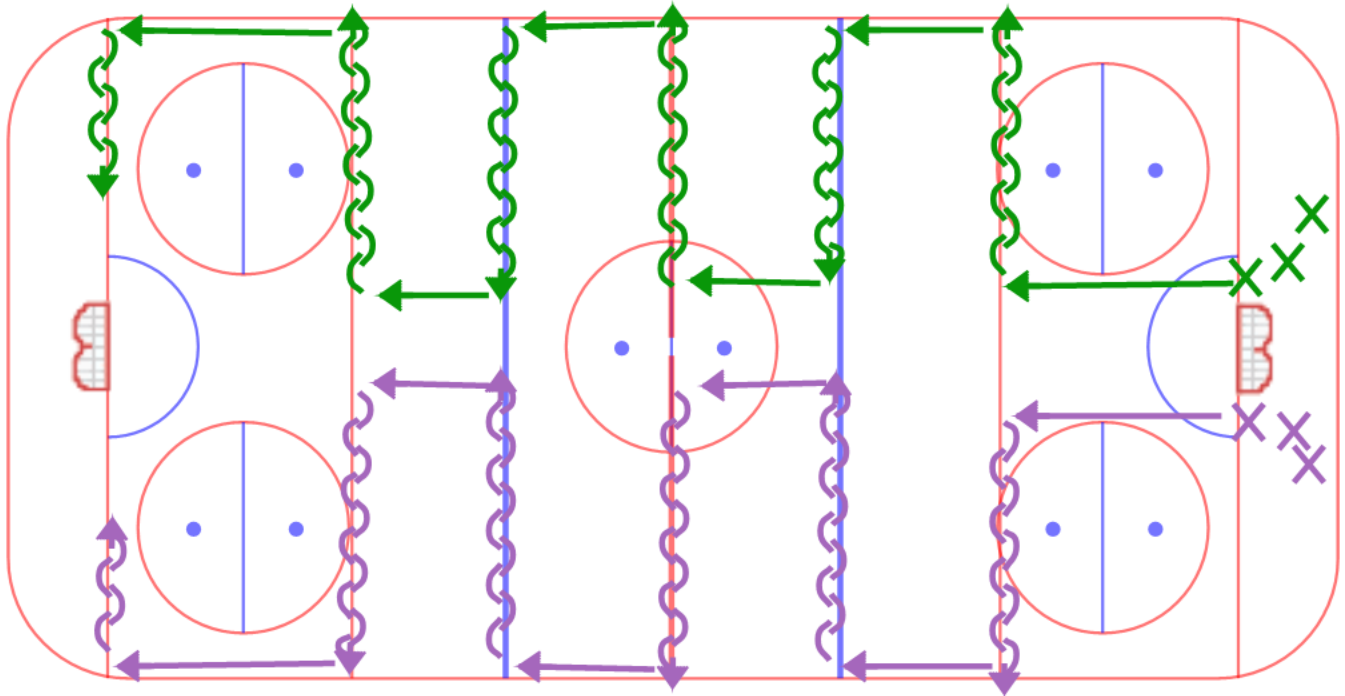
Category #1 :

Title : Castle

Category #2 :

Content elements :

Components:



Key points :

Description

skating warmup which works on opening up hips and getting a good first push, whether it's going forwards with a T-push or backwards with a C-cut.