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## Strengthen Horizontal and Vertical Contact with Maureen Johnson

[1]

This 53-minute video is CHOCK-FULL of valuable instruction for all coaches and athletes alike. She will take you the Back Pack monster roll variation, a vertical contact series, a horizontal contact series, and special exercises “at the barre” to help refine body technique for all athletes.

Tags: [TwirlNations-On-Demand](#) [2]

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### Links

[1] <https://cbtf.ca/content/strengthen-horizontal-and-vertical-contact-maureen-johnson> [2]

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