
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]

By admin at Sun, 07/12/2020 - 09:00

Source

URL: <https://cbtf.ca/content/strengthen-horizontal-and-vertical-contact-maureen-johnson?mini=2021-05&page=4>

Links

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

<https://cbtf.ca/tags/twirlnations-demand>