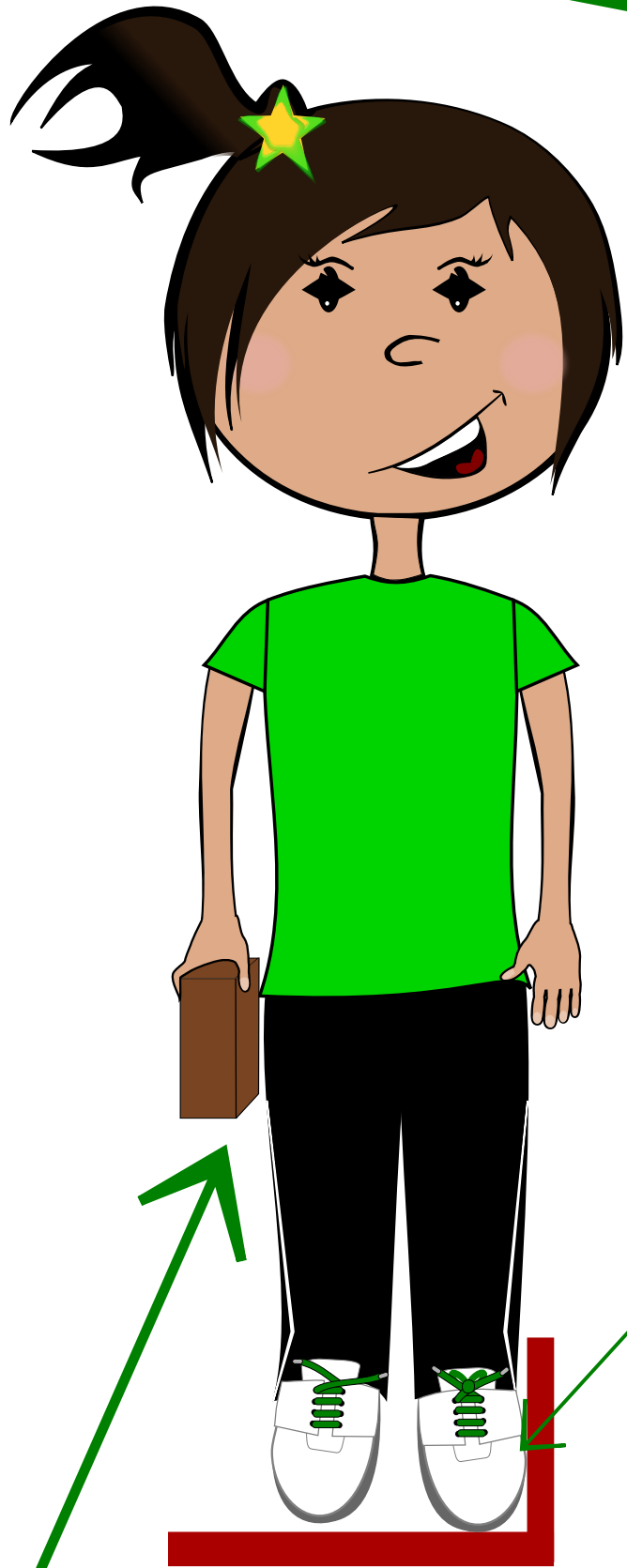


# ካሪፍ ፊኒሽ

## Side Reach



#1 ስጦትን በእግርህ ይይዝ.  
 #1 Hold the block in your hand.

#2 ለግንባታ ግንባታዎን ይዘዙ.  
 #2 Plant your feet at the lines.



#3 ስጦትን እንደተቻለ ወደ ግንባታዎ ግንባታዎ ይቀርብ.  
 #3 Place the block to your side as far as possible.

#4 ግንባታዎን ይይዙ.  
 #4 Maintain your balance.

