

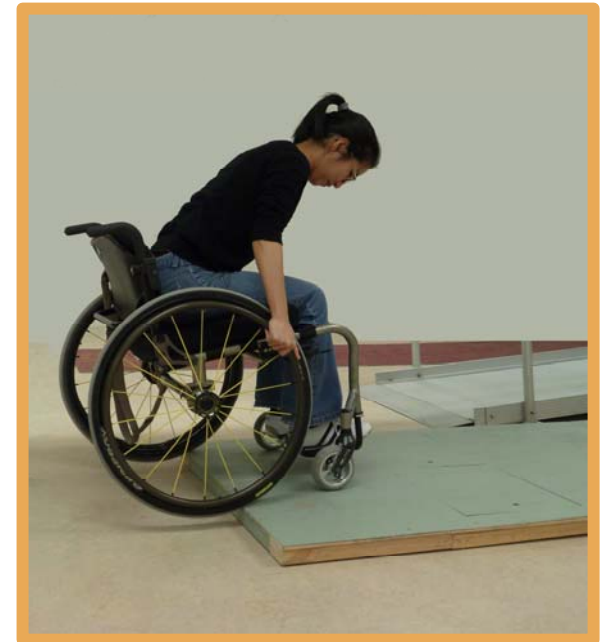
# Ascent of 5 cm Level Change (Momentum Method)



**1. Coast**



**2. Pop**



**3. Lean**