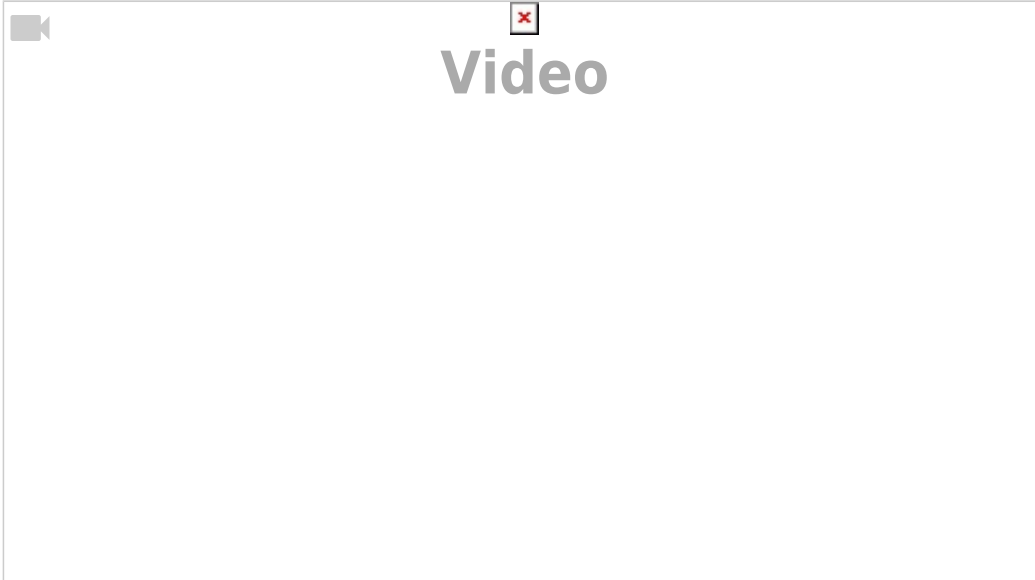


Standing Long Jump

Here is a video about Standing Long Jump:

- [How to do Standing Long Jump](#)



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