



- *Place one pom in front of you with the baton handle parallel to your legs.*
- *Begin with the strands on one side of the baton first, and then move to the other side.*
- *Starting with the first strand, firmly pull one pom strand to the right and the next pom strand to the left.*
- *Continue alternating left and right until you finish all of the strands on one side. NOTE: To save time, you can pull the strands in opposite directions at the same time.*
- *Turn pom over and repeat with the other side.*
- *Periodically shake the pom to loosen strands.*
- *Repeat this sequence with the second pom.*

