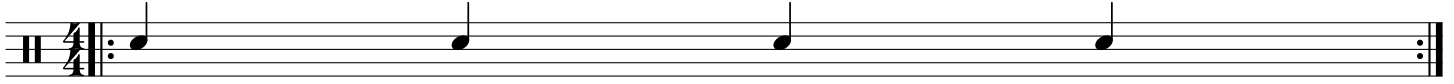


Warm Ups

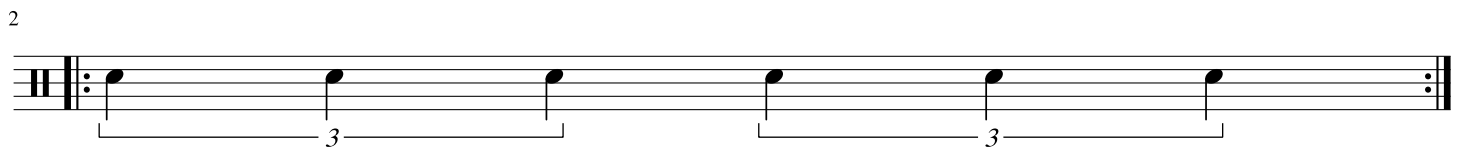
Triplet Independence - 2

Combine all 4 measures simultaneously between limbs

Left Foot



Right Foot



Right Hand



Left Hand

