

WARMUP BLOCK

L.G

A R... L..

S.D.

T.D.

B.D.

5 **B**

S.D.

T.D.

B.D.

9 **C**

S.D.

T.D.

B.D.

13 **D**

S.D.

T.D.

B.D.

17 **E**

S.D.

R L R L R L R L R L R L R L R L R L R R L R R L R R L R L R

T.D.

B.D.

19 R L R L R L R L R L R L R L R L R L L R L L R L L R L L

S.D.

T.D.

B.D.

21 **F**

S.D.

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

T.D.

B.D.

25

S.D.

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L

T.D.

B.D.

