

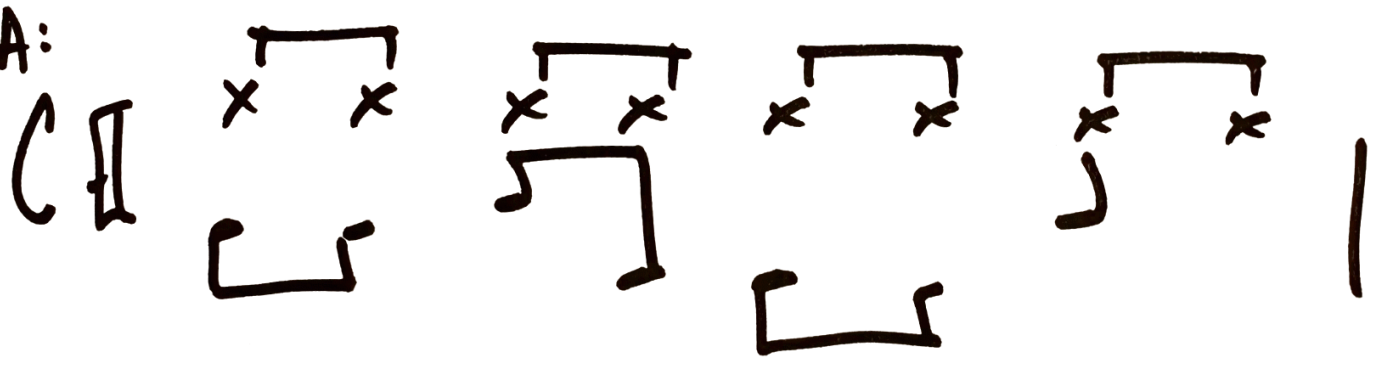
With A Metronome


05/14/19

1) 4-4-8 GRID (Downline Exercise) 2:115

(1) 

2) Double/Triple Bass Strokes

A: 

B: 

C: 