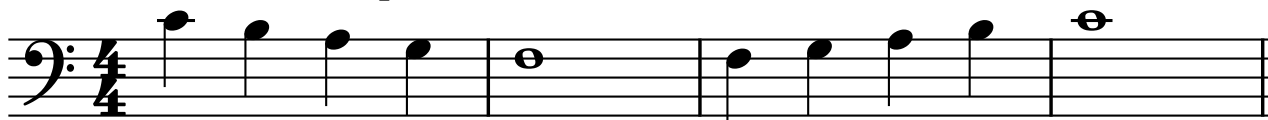


C Position Left Hand Warmups

Down and Up



3 Times Each



Stops

