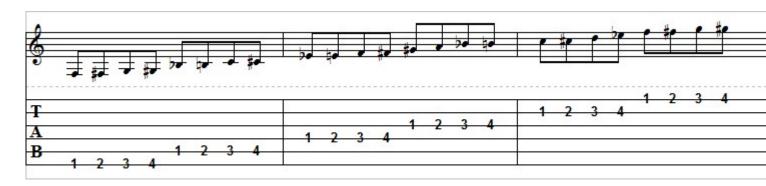
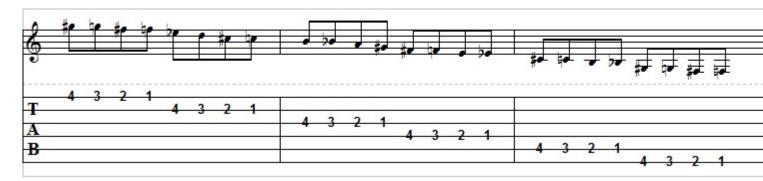
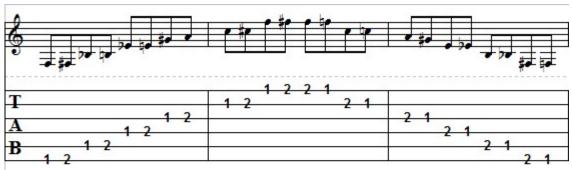
The Beginner's Warm Up

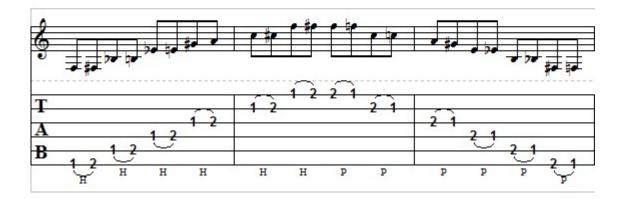
Exercise 1



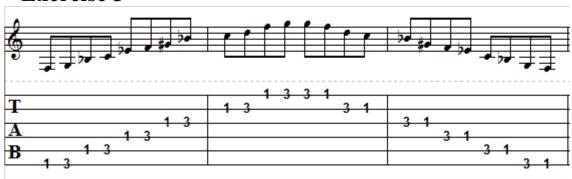


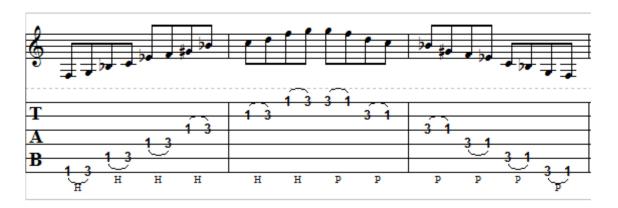
Exercise 2



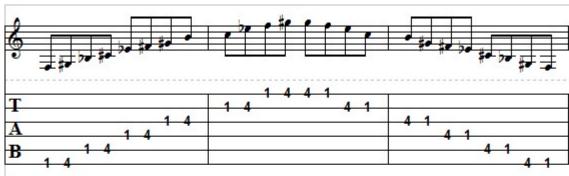


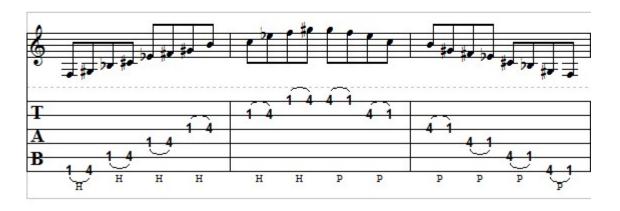
Exercise 3



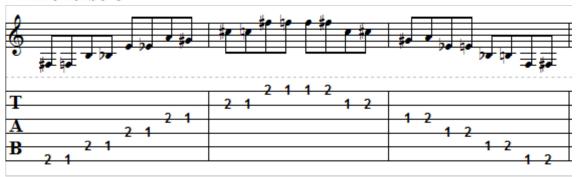


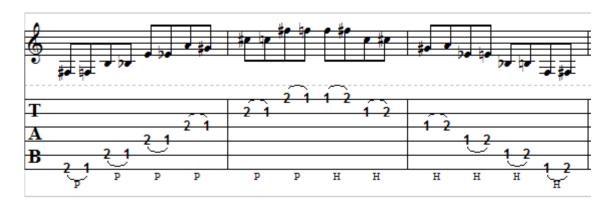
Exercise 4





Exercise 5





Exercise 6

This will be a finger barre exercise.

