

PRACTICE

makes perfect



DUM - AS - DUM - AS

20 reps

20 reps

20 reps

20 reps

TAK - AS - TAK - AS

20 reps

20 reps

20 reps

20 reps

DD/TATA

20 reps

20 reps

20 reps

20 reps

DADA/TATA

20 reps

20 reps

20 reps

20 reps

Comments: