

# PRACTICE

*makes perfect*



DUM - AS - TAK

20 reps

20 reps

20 reps

20 reps

DUM - TAK - AS

20 reps

20 reps

20 reps

20 reps

AS - AS - AS

20 reps

20 reps

20 reps

20 reps

AS - AS - DUM

20 reps

20 reps

20 reps

20 reps

AS - AS - TAK

20 reps

20 reps

20 reps

20 reps