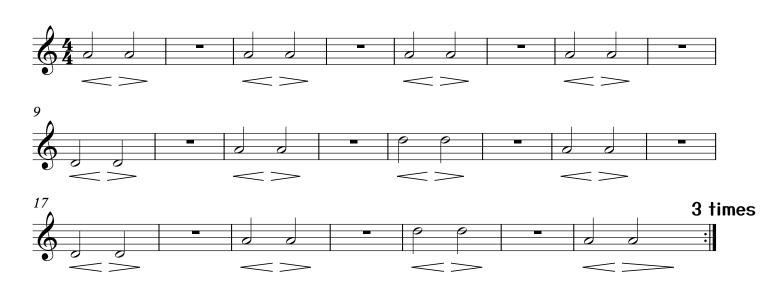
# Praccy Routine 1 on A

#### Exercise 1

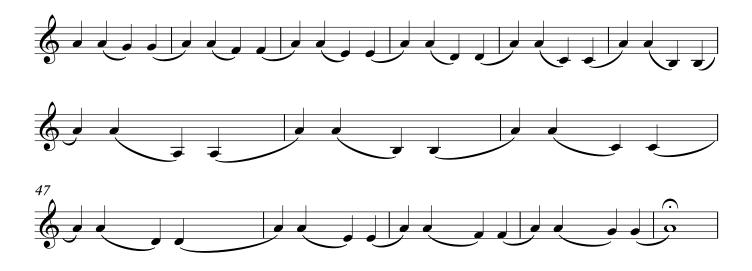


# Exercise 2a Minimal movement





## Exercise 2b



### Exercise 3a





