



Warm Up

Up & Down Doubles

2/4

D D U U

D T D U U

D D T U U

D D T U U

D D U T U

D T D T U U

D D T T U U

D D T U T U

D T D U T U

D T D T T U U

D D T T U T U

D T D T U T U

D T D T U T U

D T D T T U T U