WarmUp 400 Any Easy × **100** as **1** FR **⊙**0:15 3 4 2 BK ©0:15 5 × 100 6 FR 🖭:15 BK @0:15 100 9 FR ©0:15 FR **©0:15** 10 11 FR @0:15 FR @0:15 12 FR @0:15 13 **100** as BK @0:15 14 15 BK @0:15 FR @0:15 16 3 BR @0:15 17 FR @0:15 18 BK @0:15 19 10 **100** as BK @0:15 21 FR 🖭:15

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