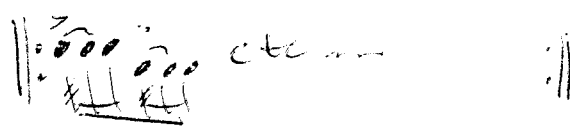


⑥ $\delta = 35 - 92$ bpm $oooo$
 Play for 1 min at a time, rest 7 secs. $\times 5$ (5 min 35 secs)



⑦ $\delta = 92$ $oooo(o)$
 Play for 5 min without stopping

