

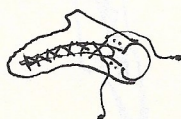
30 Nov. 2018

# Morning Exercises:

## <sup>Little</sup> The Black Boot (LBB)

wakes up. There is an air that this is its usual procedure.

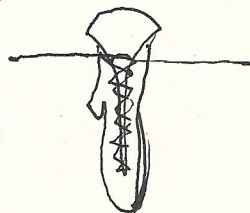
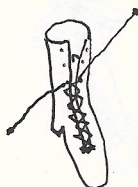
We hear the movement of the LBB and possibly some yawning or breathing as well.



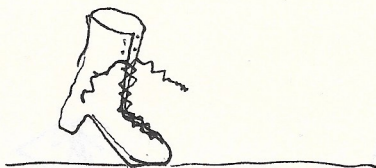
The LBB begins here morning exercises routines.

First stretching of the laces.

We hear the stretching lacing, each movement has a different noise.

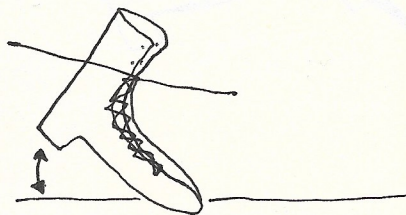


Next the crunching of the toe. A new sound.



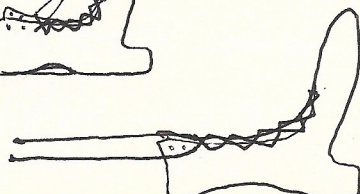
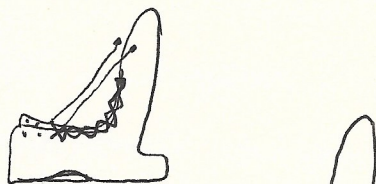
Then some pushups.

With a sound.



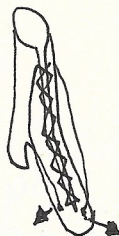
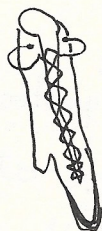
Finish with legs up the wall and touch the toes and a long stretch.

Sound to go.



Back up right with a  
drest off and ~~cleaning~~<sup>cleaning</sup>  
of the ears.

~~Sand~~ LBB sand



Finishing the tying of the  
leaves. LBB Sand.



And off for the day.  
With the sand of the LBB.

