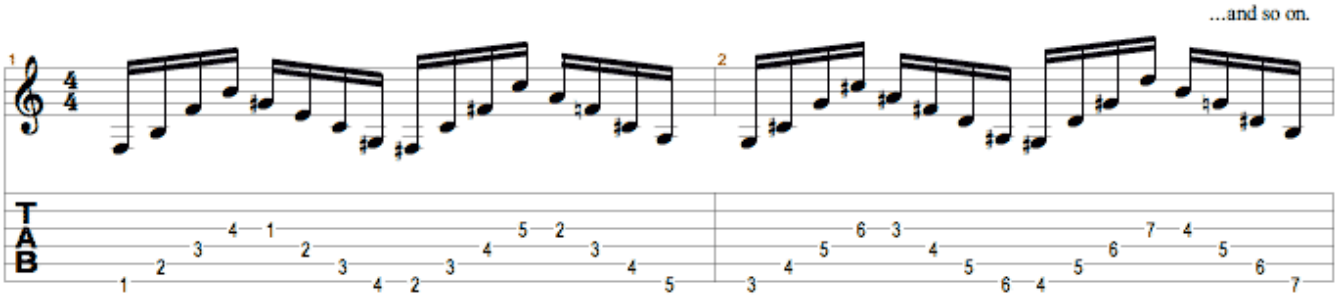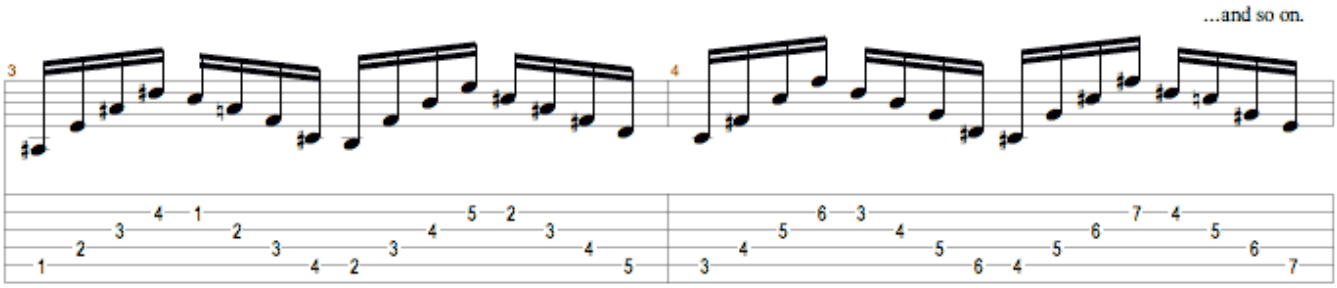
Warm-up 5: The Spider 1
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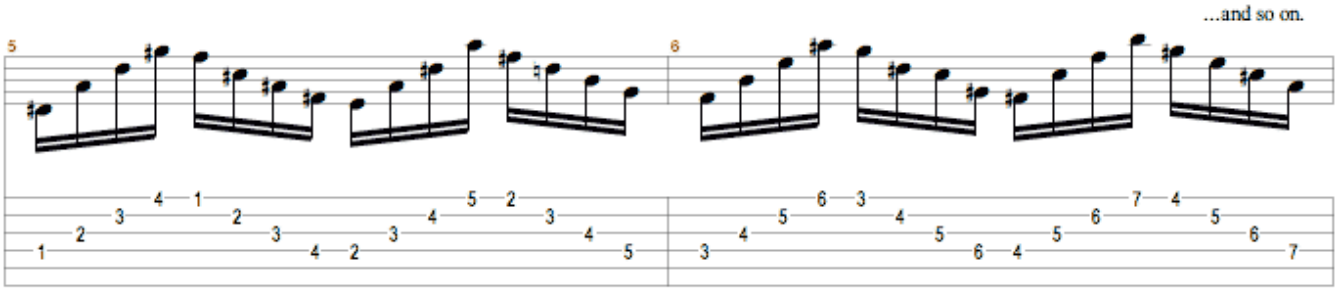
Exercise #5: The Spider

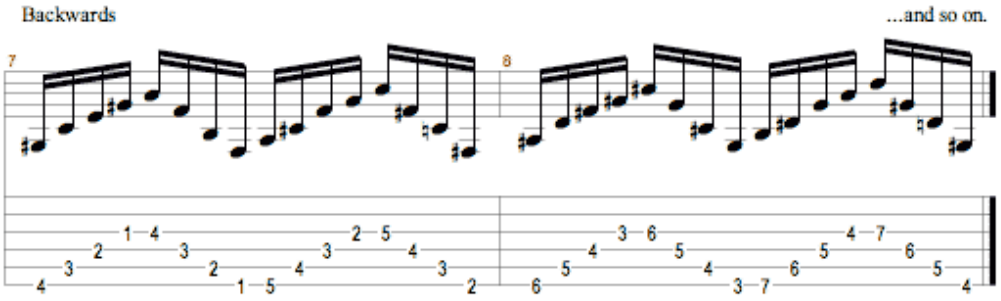
7 Great Warm-ups

by Ben Lindholm











Warm-up 5: The Spider 1
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