

# AIRDRIE LASSIES

4x48 J

ALL



ALL

**X**

Men's arches

**R**

1 4

**T<sub>R</sub>1<sub>2</sub><sup>1</sup> T<sub>R</sub>**

Pivot

2 3

①

①

2 3

④

④

**RL**

8 bars

1x4

**T<sub>L</sub>**

Pivot

1 4



**T<sub>L</sub>1<sub>2</sub><sup>1</sup>**

