

AIRDRIE LASSIES

4x48 J

ALL



ALL

X

Men's arches

R

1 4

$T_{R1\frac{1}{2}}$ T_R

Pivot

2 3

①

①

2 3

④

④

RL

8 bars

1x4

T_L

Pivot

1 4



$T_{L\frac{1}{2}}$

