

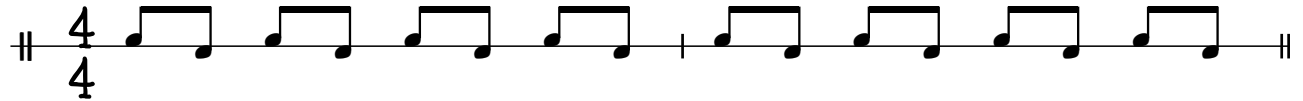
MIXED SINGLES AND DOUBLES



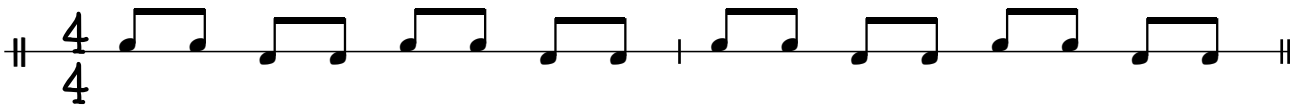
Week 1 Routine 1

Basic

#1



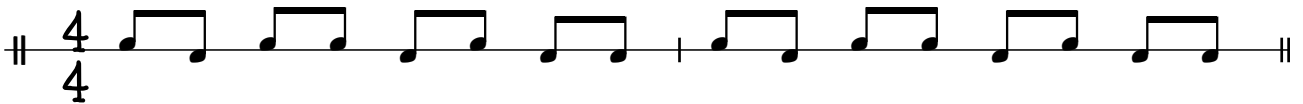
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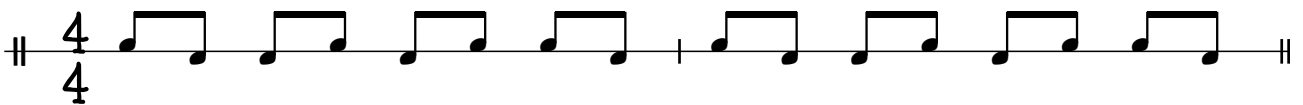
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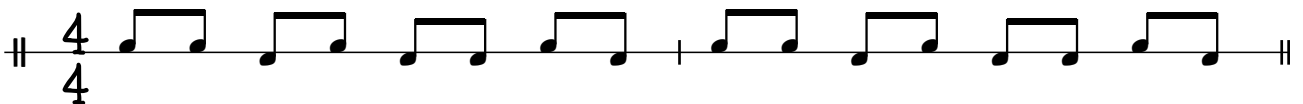
#4



#5



#6



#7

