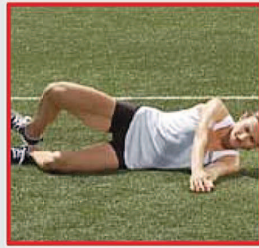
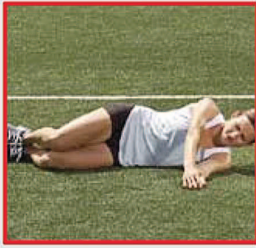
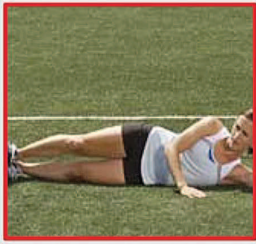


Myrtl Routine

1. Clams



2. Lateral Leg Raise



3. Donkey Kicks



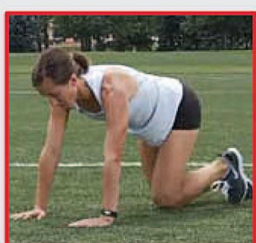
4. Donkey Whips



5. Fire Hydrant



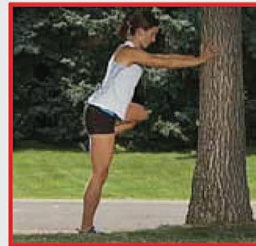
6. Knee Circle, Forward



7. Knee Circle, Backward



8. Hurdle Trail Leg, Forward



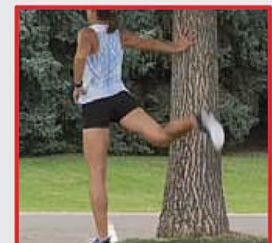
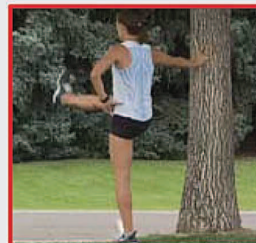
9. Hurdle Trail Leg, Backward



10. Lateral Leg Swing



11. Linear Leg Swing



12. Linear Leg Swing, Bent Knee

