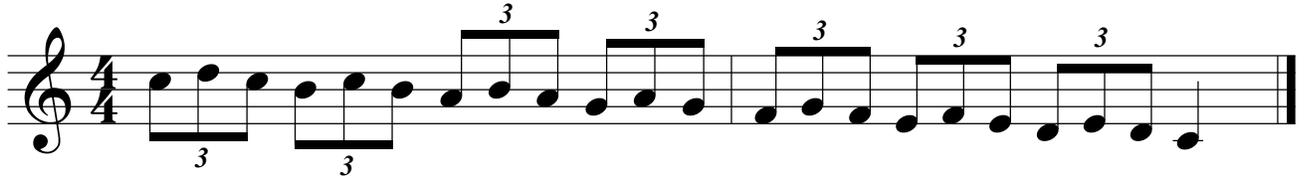


Agility II (triplets)

Ryan Turner



-Experiment with different vowels

-Stay on the breath – resist the temptation to include “h’s”

-Plan breath evenly throughout exercise