

rake while bended rake vib.

full full full full full A.H. 1/2 A.H.

TAB

while bended PM-----

full full full full 1/4 1/4 PM

TAB

PM-----

PM----- PM-PM-----

TAB

TAB

1/4 1/4

TAB

17

Pull up on bar

TAB

9 7 9 7 5 5 7

9 7 9 7 5 5 7

19

rake

TAB

x-8 7 7 7 5 7 7

5 5 7 5

8 10 8 12

22

TAB

12 11 10 12 12 10 (10) 7 5

(5) 7 5 5 3 5 3 3 5 5 7 6 5

24

TAB

7 5 5 8 7 5 5 7 5 5 7 5 8

10 8 9 7

26

TAB

(9) 7 8 (9) 7 8 9 10

8 7 8 7 8 7 8 7 8 7 8 7 8 5 7

57

TAB

9 11 12 10 9

10 9 7 9

full

full

sl.

60

TAB

(12) 7 6 9

5 7

5 10 10 10 8

1/4

rake

rake

63

TAB

8 10 8 8

5 8 5

7 8 7 5 8 7 5 7 5

full

PM-----I

65

TAB

5 9 7 7 6 5 4 5 5 3 5

7 5 7 5 7 5 7 5

7 5 5

1/2

1/4

full full

78

T
A
B

(7)
(6)
(7)