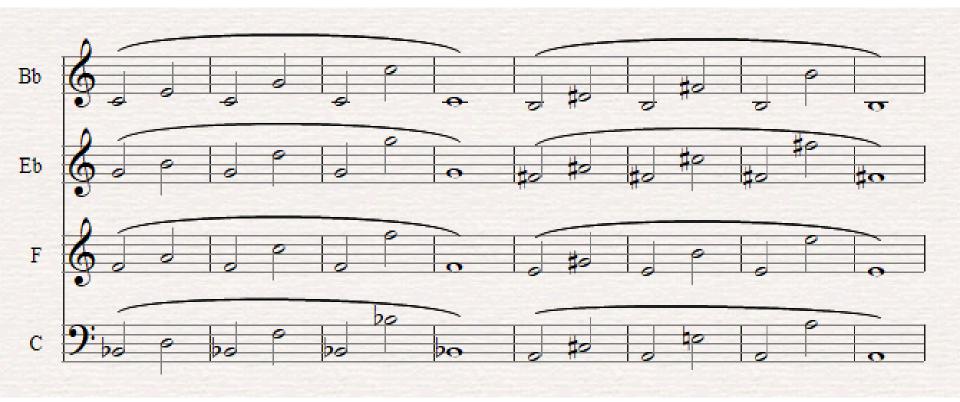
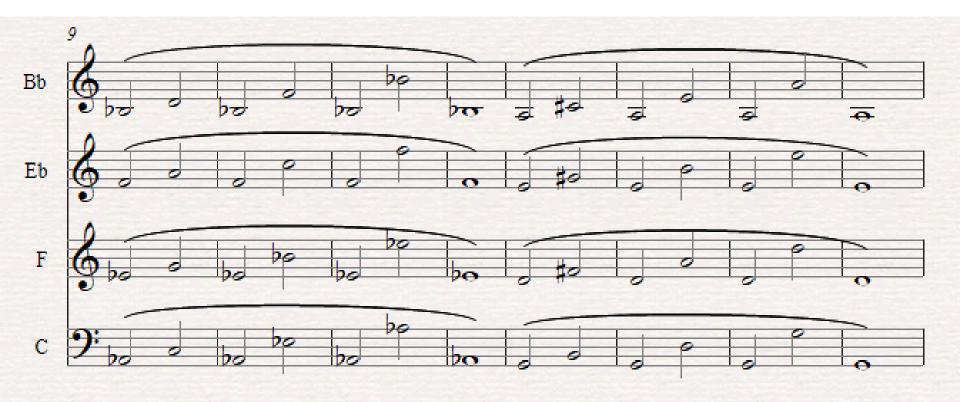
## Warm Up Exercises

# Pitching Exercise



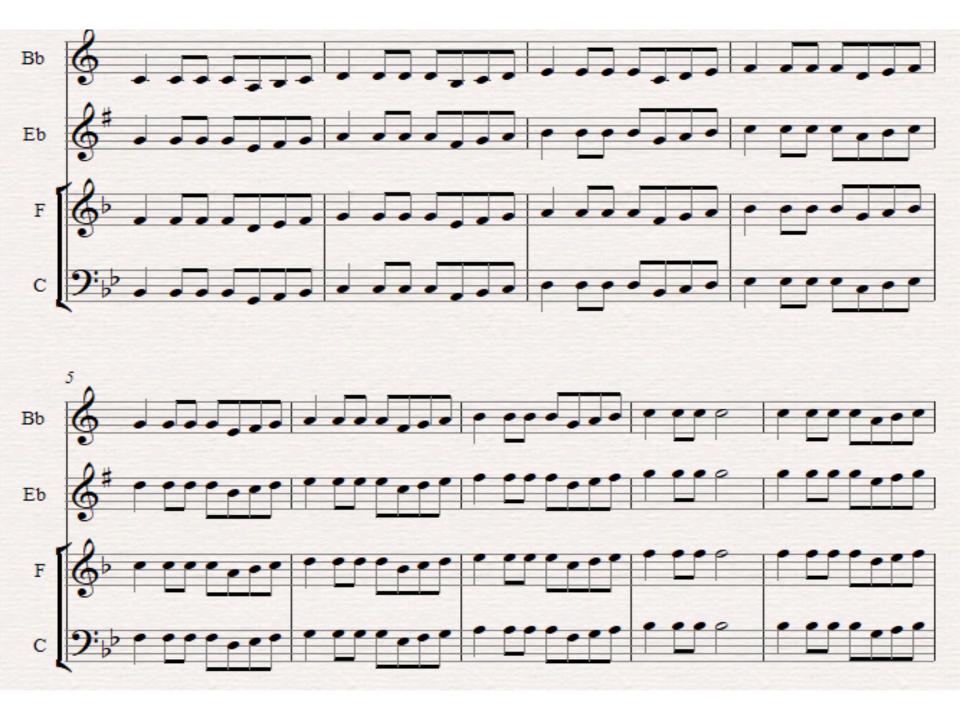
#### Warm up exercise

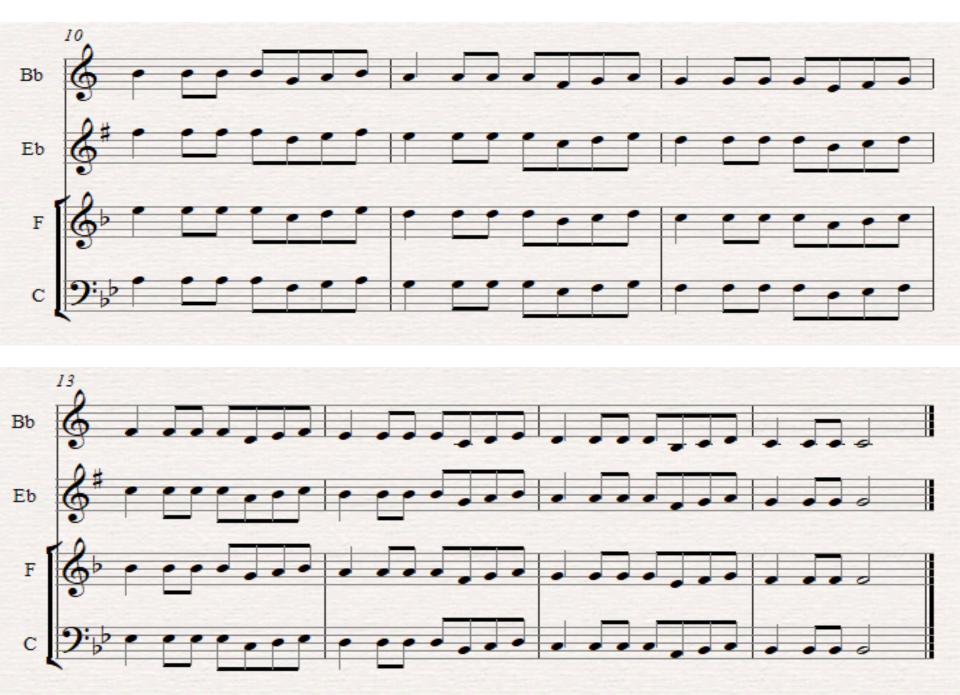






## **Tonguing Exercise**





## Lip Flexibility Exercise





