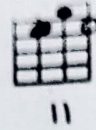
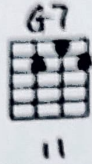
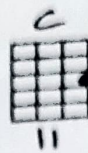
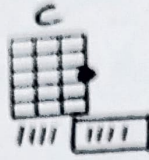
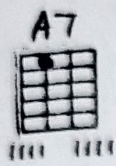


CHORD PROGRESSION + STRUM EXERCISE



○ LIFT + STRUM

