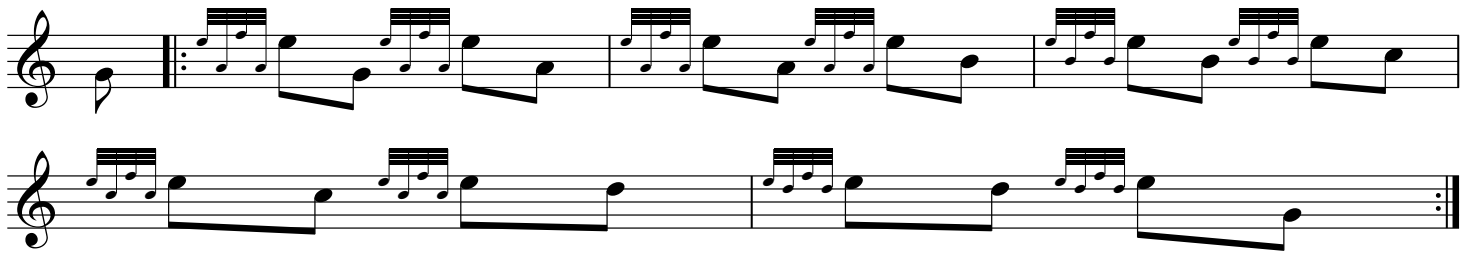


A mach exercises for McGillivray YouTube video

1.



2.



3.



4.

