

FLAM WORKOUT VIDEO 1 – 3

→ Video on Youtube: <https://youtu.be/RdN0OSfI34k>

Move the Flam

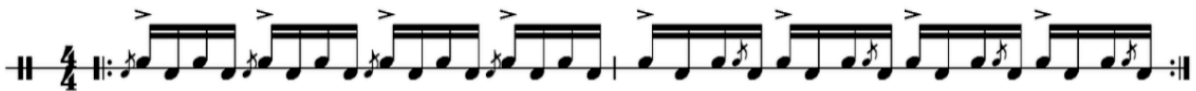
1. & 2. Position:



1. & 3. Position:



1. & 4. Position:



1. & 2. Position:



1. & 3. Position:



Move the Accent / Freeze the Flam

1. & 2. Position:



1. & 3. Position:



1. & 4. Position:



1. & 2. Position:



1. & 3. Position:



Move the Accent & Flam

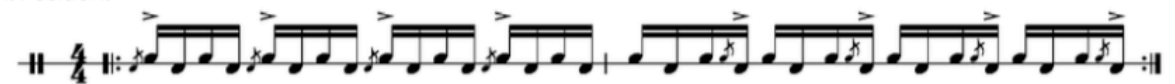
1. & 2. Position:



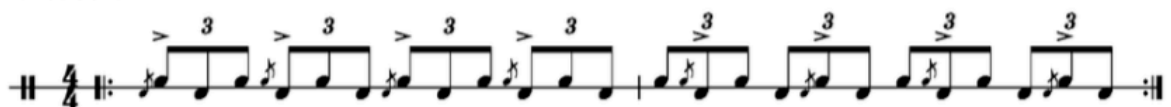
1. & 3. Position:



1. & 4. Position:



1. & 2. Position:



1. & 3. Position:



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