# ttt P Repeworks by Rene Skills



Basic Summe

















Yabadaba









### Challenge Tools

- Add a cross
- Add a double under
- Do it backward

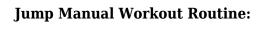




Spin all the way around. Finish Jumping Serviced

## **Jump Manual Workout Routine**

**Ian Pickup** 



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