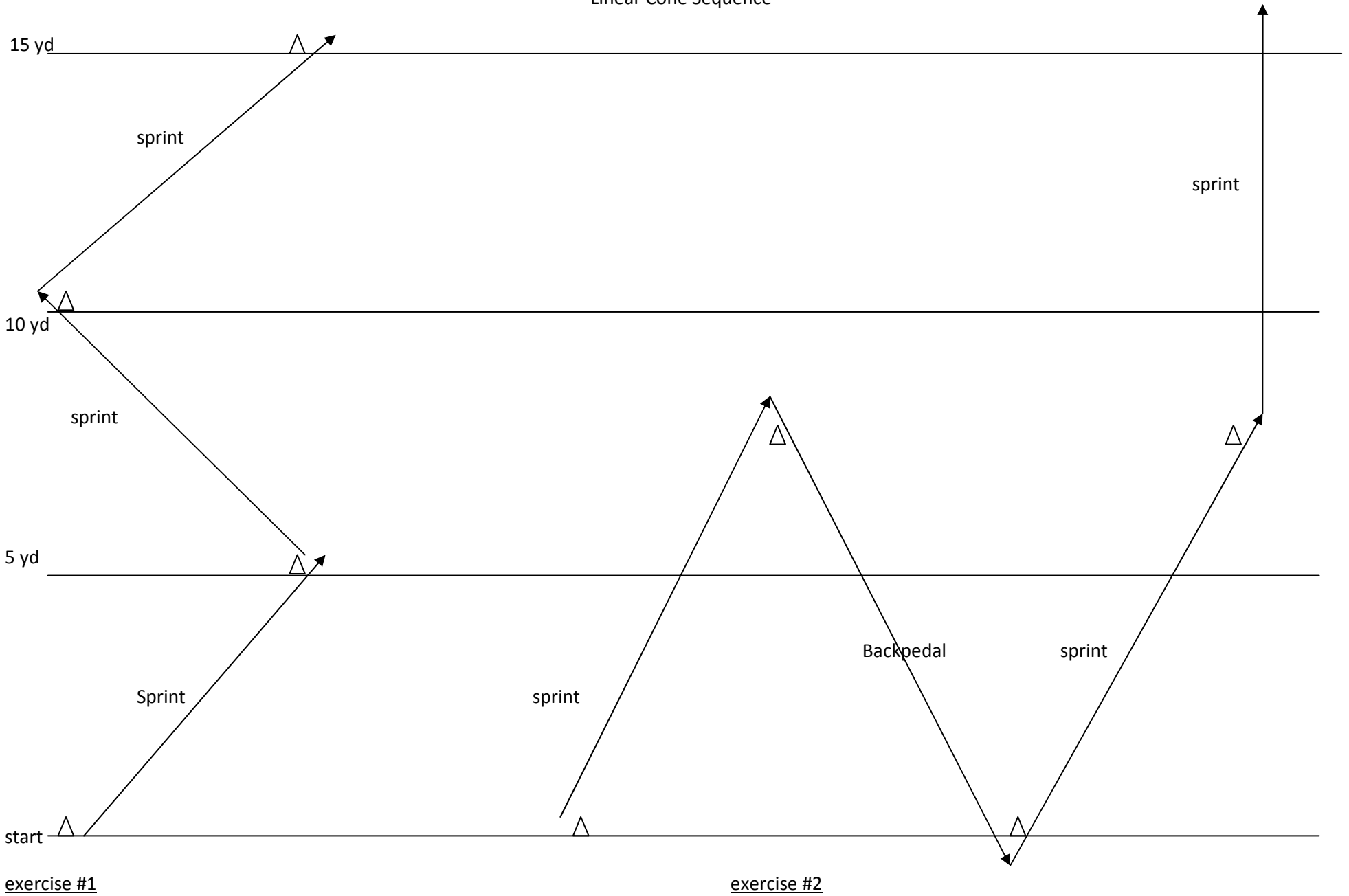
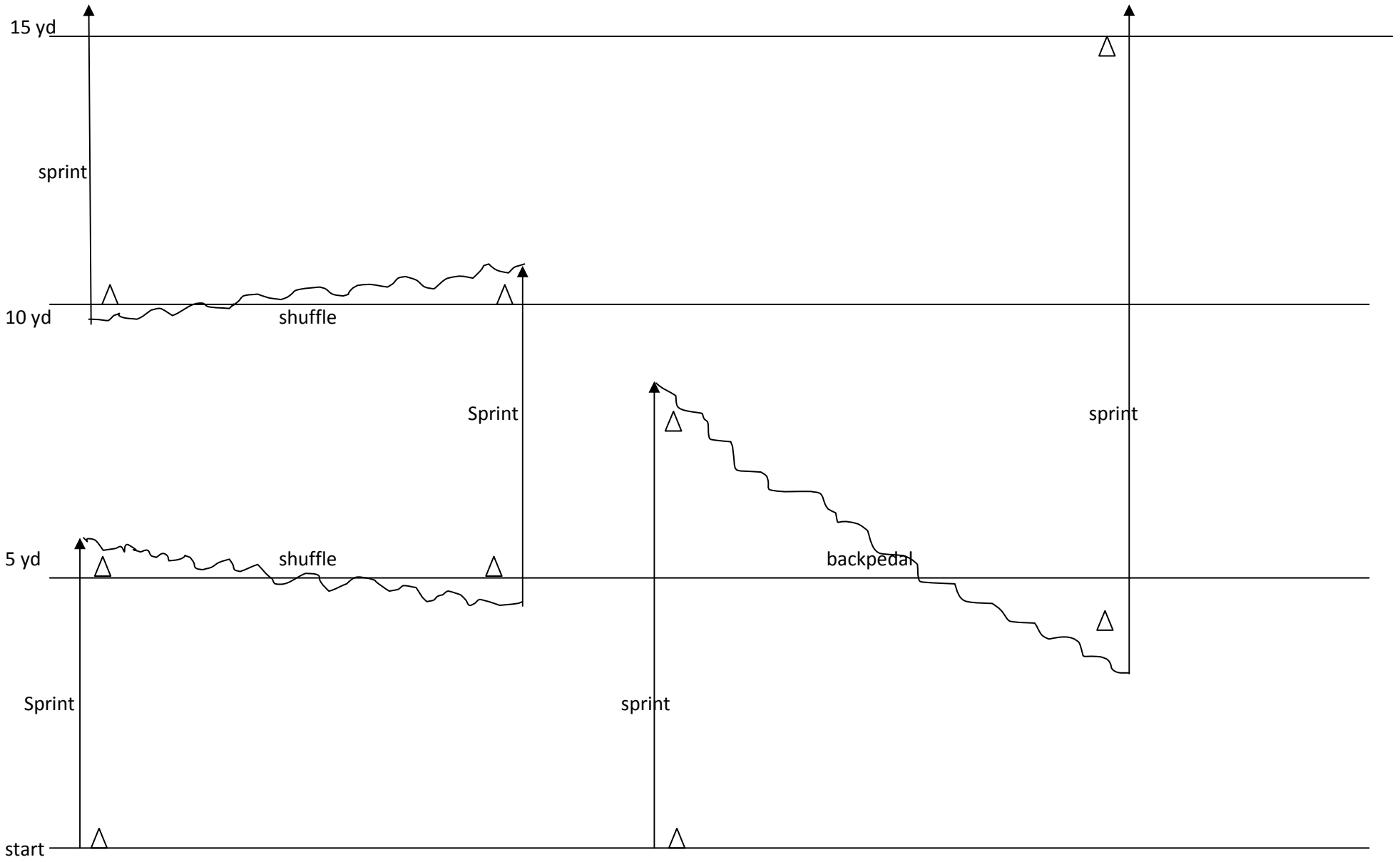


# Linear Cone Sequence



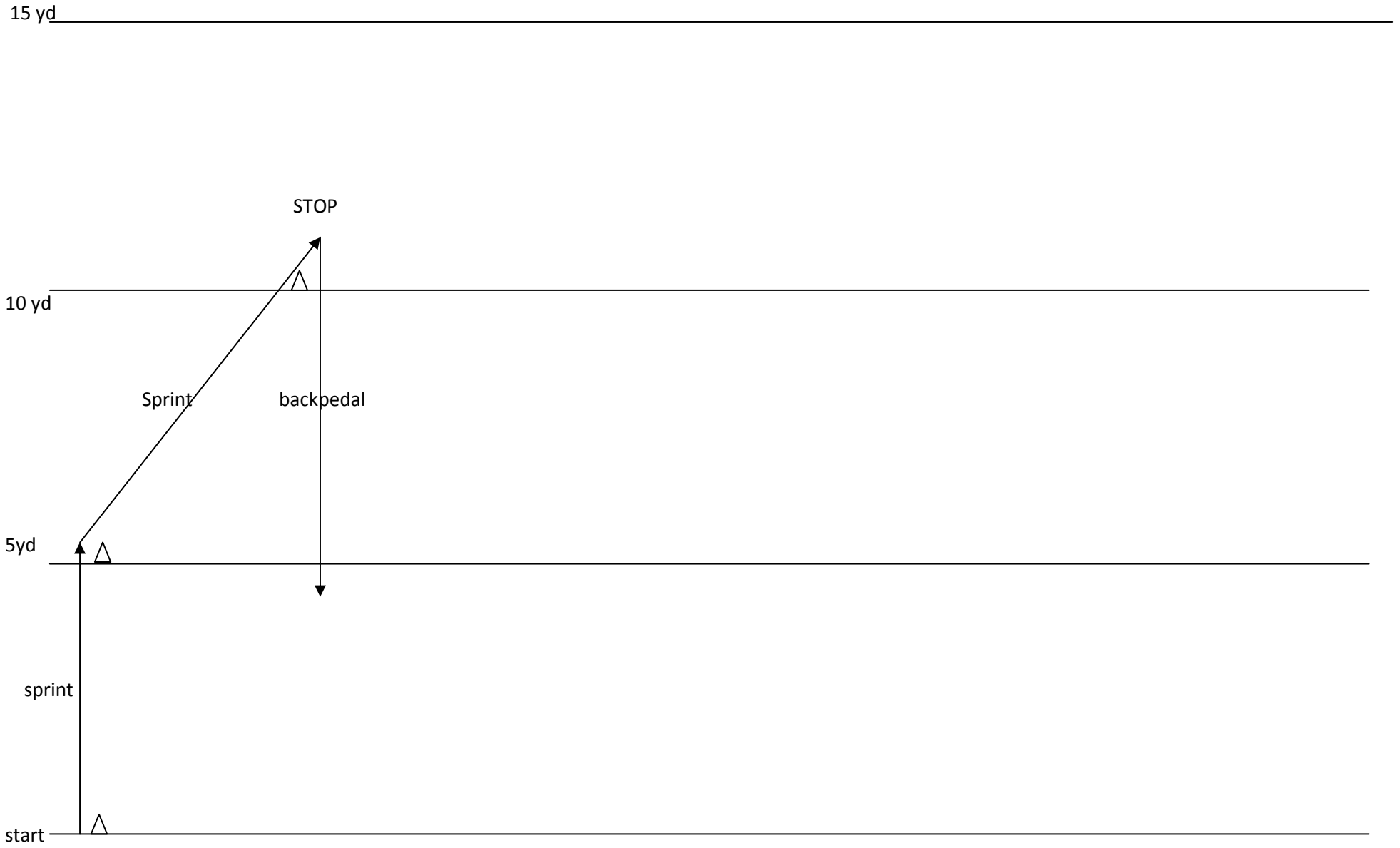
Linear Cone Sequence (cont'd)



exercise #3

exercise #4 (flip flop drill when doing multiple sets)

Linear Cone Sequence (cont'd)



exercise #5 (flip flop when performing multiple sets)