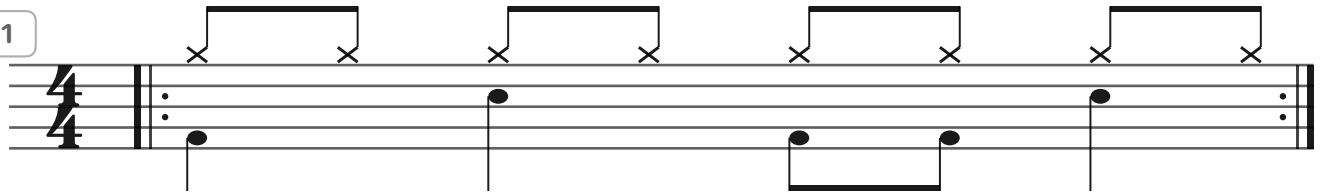
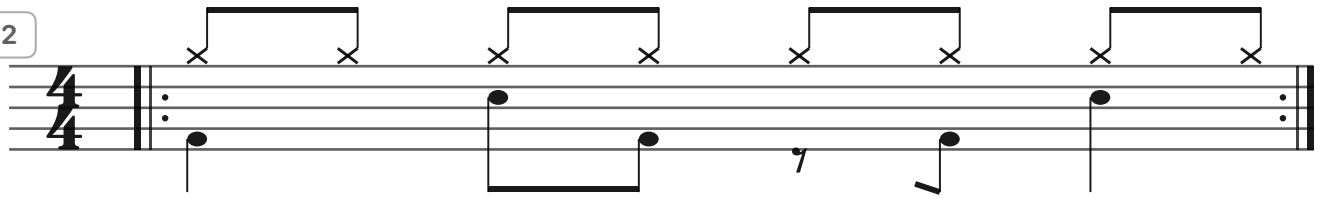
rock beat kick variations

Loop each exercise 1x

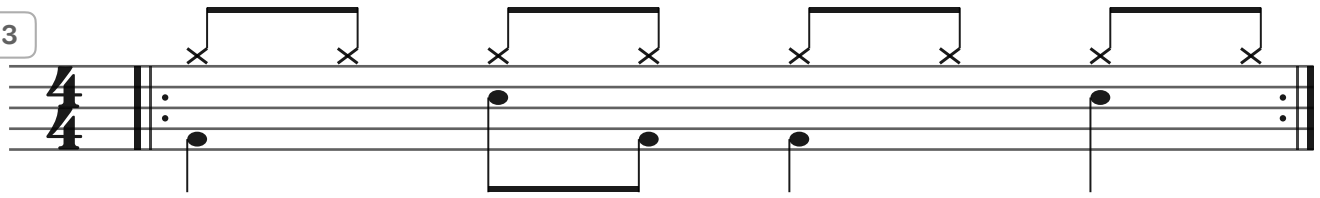
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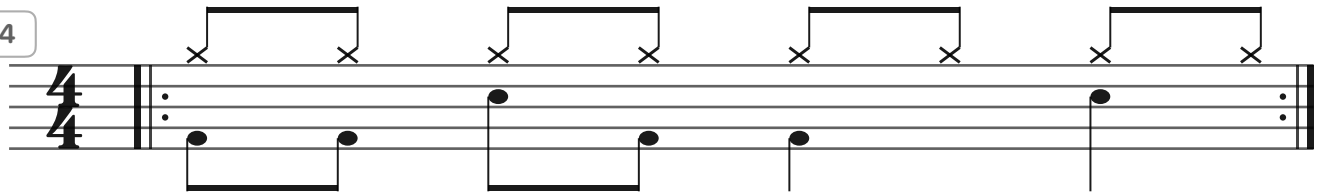
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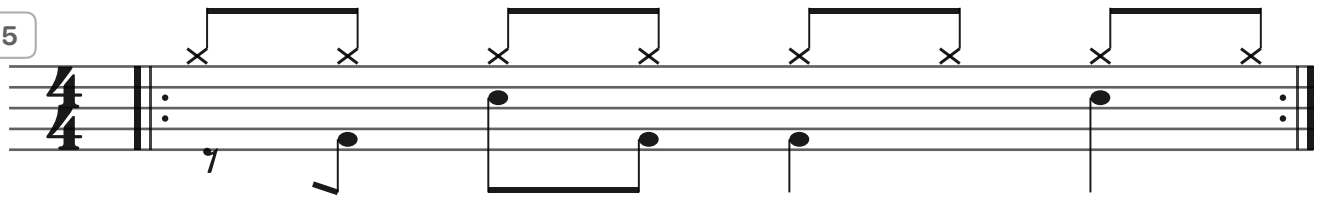
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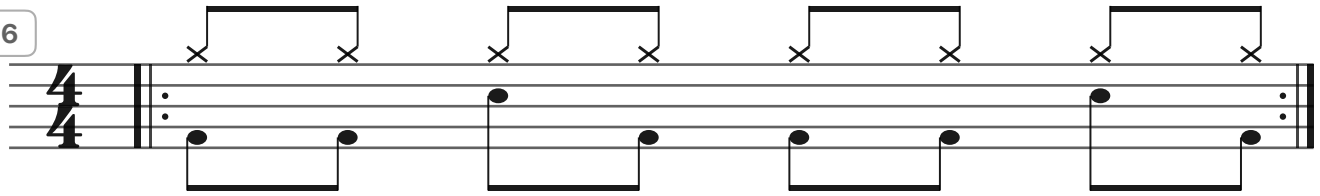
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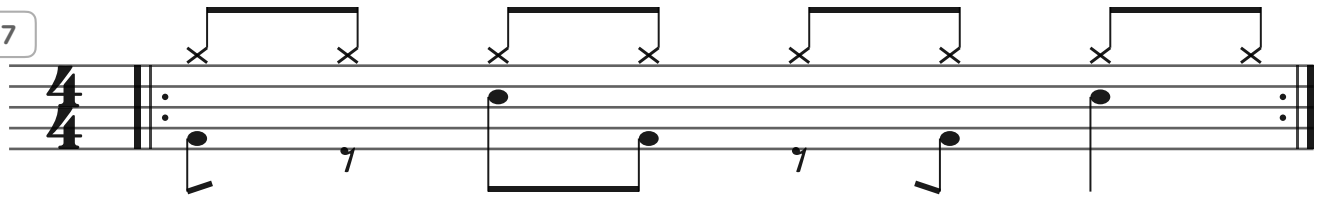
5



6



7



8

