**Nicky summer 2020**

[https://youtu.be/5wc8-pDwcW0](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fyoutu.be%2F5wc8-pDwcW0&data=04%7C01%7C%7C5abad7fa5081454e6a2008d910027155%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637558424937093465%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=vysBKvEq5MRBBBDbR65ceA6GOHEHiDZ5zowRoRf0kG4%3D&reserved=0) Nicky coaching leads and tenors and explains the exercises used for all four parts