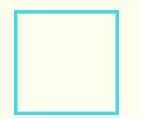
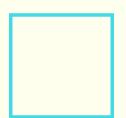
## **Documentation Checklist**

@thenoteninjas



TYPE OF CUES

## ASSISTANCE LEVEL



SETS AND REPS

UPGRADE/DOWNGRADE



