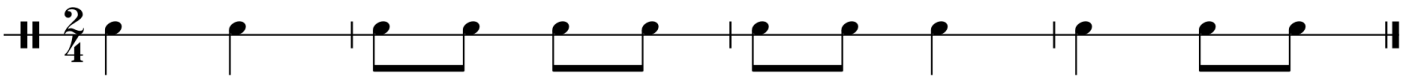
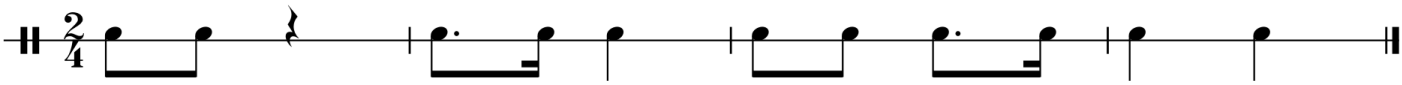
Monotone Exercises

Exercise 1



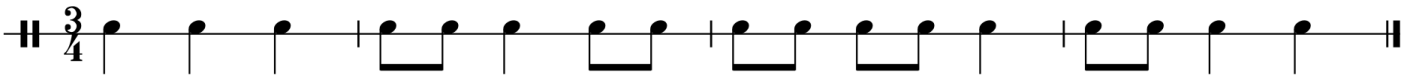
Video Link demonstrating Exercise 1 – https://youtu.be/Xc8PLosKU0s

Exercise 2



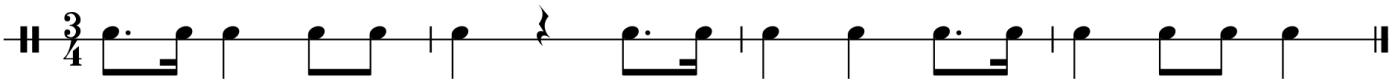
Video Link demonstrating Exercise 2 – https://youtu.be/TSiVZNJ5TiY

Exercise 3



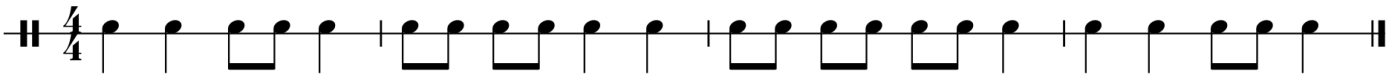
Video Link demonstrating Exercise 3 – https://youtu.be/xUSjhOSJ_Ag

Exercise 4



Video Link demonstrating Exercise 4 – https://youtu.be/wib9-GIRo68

Exercise 5



Video Link demonstrating Exercise 5 – https://youtu.be/-6rU0_uuysU

Exercise 6

Video Link demonstrating Exercise 6 - https://youtu.be/x0IMtrzQNkA