

EXERCISE

202001.1

by Stefan Baldauf

R L R R L R L L

R L R L

L R R L R L L R

R L R L

R R L R L L R L

R L R L

R L R L L R L R

R L R L

Repeat each exercise 20 times

EXERCISE

202001.2

by Stefan Baldauf

L R L L R L R R

R L R L

R L L R L R R L

R L R L

L L R L R R L R

R L R L

L R L R R L R L

R L R L

Repeat each exercise 20 times