

# EXERCISE

# 202002.1

*by Stefan Baldauf*

**R R L R R L R L**

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**R L R L**

**R L R R L R L R**

---

**R L R L**

**L R R L R L R R**

---

**R L R L**

**R R L R L R R L**

---

**R L R L**

---

Repeat each exercise 20 times

# EXERCISE

# 202002.2

*by Stefan Baldauf*

**R L R L R R L R**

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**R L R L**

**L R L R R L R R**

---

**R L R L**

**R L R R L R R L**

---

**R L R L**

**L R R L R R L R**

---

**R L R L**

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Repeat each exercise 20 times