

# EXERCISE

202003.1

*by Stefan Baldauf*

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

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**R L R R L R**

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

---

**R L R R L R**

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

---

**R L R R L R**

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

---

**R L R R L R**

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Repeat each exercise 20 times

# EXERCISE

# 202003.2

*by Stefan Baldauf*

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

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**R L R R L R**

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

---

**R L R R L R**

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

---

**R L R R L R**

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

---

**R L R R L R**

---

Repeat each exercise 20 times