

EXERCISE

202003.1

R L R L R L R L

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

Repeat each exercise 20 times

EXERCISE

202003.2

R L R R L R L L

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