

EXERCISE

202004.1

by Stefan Baldauf

R R R L R R R L

R L R L

L L L R L L L R

R L R L

R L L L R L L L

R L R L

L R R R L R R R

R L R L

Repeat each exercise 20 times

EXERCISE

202004.2

by Stefan Baldauf

R L R R R L R R

R L R L

L R L L L R L L

R L R L

R R L R R R L R

R L R L

L L R L L L R L

R L R L

Repeat each exercise 20 times