

# EXERCISE

# 202004.1

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

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**R L R L**

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

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**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

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

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**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**

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Repeat each exercise 20 times