

EXERCISE

202005.1

R L R L R L R L

R L R L R L R L

R L R L R L R L

L R L R L R L R

R L R L R L R L

R R L L R R L L

R L R L R L R L

L L R R L L R R

Repeat each exercise 20 times

EXERCISE

202005.2

R L R L R L R L

R L R R L R L L

R L R L R L R L

R L L R L R R L

R L R L R L R L

R R L R L L R L

R L R L R L R L

R L R L L R L R

Repeat each exercise 20 times

EXERCISE

202005.3

R L R L R L R L

R R R L R R R L

R L R L R L R L

L L L R L L L R

R L R L R L R L

R L L L R L L L

R L R L R L R L

L R R R L R R R

Repeat each exercise 20 times

EXERCISE

202005.4

R L R L R L R L

R R R R L L L L

R L R L R L R L

R L R L R R L L

R L R L R L R L

L R L R L L R R

R L R L R L R L

R R L R R L R L

Repeat each exercise 20 times