

# EXERCISE

202006.1

**R L R L R L R L**  
-----  
**LR RL LR RL**

**L R L R L R L R**  
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**LR RL LR RL**

**R R L L R R L L**  
-----  
**LR RL LR RL**

**L L R R L L R R**  
-----  
**LR RL LR RL**

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Repeat each exercise 20 times

# EXERCISE

# 202006.2

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

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**LR RL LR RL**

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

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**LR RL LR RL**

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

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**LR RL LR RL**

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

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**LR RL LR RL**

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Repeat each exercise 20 times