

EXERCISE

202007.1

RLRLRLRLRLRLRLRL

R L

R L R L R L R L

R L R L

R L R L

R L R L R L R L

R L

RLRLRLRLRLRLRLRL

Repeat each exercise 20 times

EXERCISE

202007.2

LRLRLRLRLRLRLRLR

R L

L R L R L R L R

R L R L

L R L R

R L R L R L R L

L R

RLRLRLRLRLRLRLRL

Repeat each exercise 20 times

EXERCISE

202007.3

RRLLRRLLRRLLRRLL

R L

R R L L R R L L

R L R L

R R L L

R L R L R L R L

R R »

RLRLRLRLRLRLRL

Repeat each exercise 20 times

EXERCISE

202007.4

LLRRLLRRLLRRLLRR

R L

L L R R L L R R

R L R L

L L R R

R L R L R L R L

L L »

RLRLRLRLRLRLRL

Repeat each exercise 20 times

EXERCISE

202007.5

RLRRRLRLRLRRRLRL

R L

R L R R L R L L

R L R L

R L R R

R L R L R L R L

R L »

RLRLRLRLRLRLRL

Repeat each exercise 20 times