

# EXERCISE

# 202009.1

*by Stefan Baldauf*

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

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

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

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

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

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

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

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

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Repeat each exercise 20 times

# EXERCISE

# 202009.2

*by Stefan Baldauf*

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

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

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

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

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

---

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

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

---

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

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Repeat each exercise 20 times