

# EXERCISE

202009.1

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

---

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

**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**

---

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

---

Repeat each exercise 20 times

# EXERCISE

# 202009.2

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

---

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

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

---

**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**

---

Repeat each exercise 20 times