

EXERCISE

202010.1

by Stefan Baldauf

R L R L R L R L

R L R R L

L R L R L R L R

R L R R L

R R L L R R L L

R L R R L

L L R R L L R R

R L R R L

Repeat each exercise 20 times

EXERCISE

202010.2

by Stefan Baldauf

R L R R L R L L

R L R R L

R R R L R R R L

R L R R L

L L L R L L L R

R L R R L

R R R R L L L L

R L R R L

Repeat each exercise 20 times