

# EXERCISE

202011.1

*by Stefan Baldauf*

R R R R R

---

L R L R

R L R L R L R L

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L R L R

R R R L R R R L

---

L R L R

R L R R R L R R

---

L R L R

---

Repeat each exercise 20 times

# EXERCISE

202011.2

*by Stefan Baldauf*

R L R L

---

L R L R

R R L L R R L L

---

L R L R

R L L R R L L R

---

L R L R

R R L R R R L R

---

L R L R

---

Repeat each exercise 20 times

# EXERCISE

# 202011.3

*by Stefan Baldauf*

**R**

**R**

**L**

**L**

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**L**

**R**

**L**

**R**

**R**

**L**

**R**

**R**

**L**

**R**

**L**

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**L**

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**L**

**R**

**L**

**R**

---

Repeat each exercise 20 times

# EXERCISE

# 202011.4

*by Stefan Baldauf*

L L L L L

---

L R L R

L R L R L R L R

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L R L R

L L L R L L L R

---

L R L R

L R L L L R L L

---

L R L R

---

Repeat each exercise 20 times

# EXERCISE

# 202011.5

*by Stefan Baldauf*

**L R L R**

---

**L R L R**

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

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**L R L R**

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

---

**L R L R**

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

---

**L R L R**

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Repeat each exercise 20 times

# EXERCISE

202011.6

*by Stefan Baldauf*

L L L R R

---

L R L R

L R L L R L R R

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L R L R

L R L R R L R L

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L R L R

L L L L R R R R

---

L R L R

---

Repeat each exercise 20 times