

EXERCISE

202012.1

by Stefan Baldauf

R L R L R L R L

R R R R

R R L L R R L L

R R R R

R L R R L R L L

R R R R

R R L R L L R L

R R R R

Repeat each exercise 20 times

EXERCISE

202012.2

by Stefan Baldauf

L R L R L R L R

R L R L R L R L

L L R R L L R R

R L R L R L R L

R L L R L R R L

R L R L R L R L

R L R L L R L R

R L R L R L R L

Repeat each exercise 20 times

EXERCISE

202012.3

by Stefan Baldauf

R R R L R R R L

R R R R

L R R R L R R R

R R R R

R L R R R L R R

R R R R

R R L R R R L R

R R R R

Repeat each exercise 20 times

EXERCISE

202012.4

by Stefan Baldauf

L L L R L L L R

R R R R

R L L L R L L L

R R R R

L R L L L R L L

R R R R

L L R L L L R L

R R R R

Repeat each exercise 20 times