

# EXERCISE

# 202102.1

*by Stefan Baldauf*

R	R	R	R	R	R	R
R		L		R		L
L	L	L	L	L	L	L
R		L		R		L
R	L	R	L	R	L	R
R		L		R		L
L	R	L	R	L	R	L
R		L		R		L

Repeat each exercise 20 times

# EXERCISE

# 202102.2

*by Stefan Baldauf*

R	R	L	L	R	R	L	L
R		L		R		L	
L	L	R	R	L	L	R	R
R		L		R		L	
R	L	R	R	L	R	L	L
R		L		R		L	
R	L	L	R	L	R	R	L
R		L		R		L	

Repeat each exercise 20 times

# EXERCISE

# 202102.3

*by Stefan Baldauf*

R	R	L	R	L	R	L	L
R		L		R		L	
R	L	R	L	L	R	L	R
R		L		R		L	
R	R	R	L	R	R	R	L
R		L		R		L	
L	L	L	R	L	L	L	R
R		L		R		L	

Repeat each exercise 20 times

# EXERCISE

# 202102.4

*by Stefan Baldauf*

R	L	L	L	R	L	L	L
R		L		R		L	
L	R	R	R	L	R	R	R
R		L		R		L	
R	R	L	R	R	L	R	L
R		L		R		L	
L	L	R	L	L	R	L	R
R		L		R		L	

Repeat each exercise 20 times