

# EXERCISE

# 202103.1

*by Stefan Baldauf*

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

**R R R R R**

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

**R R**

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

**R R**

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

**R R**

Repeat each exercise 20 times

# EXERCISE

# 202103.2

*by Stefan Baldauf*

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

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**R R**

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

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**R R**

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

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**R R**

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

---

**R R R**

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Repeat each exercise 20 times

# EXERCISE

# 202103.3

*by Stefan Baldauf*

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

**R R R**

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

**R R R**

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

**R R R**

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

**R R R R R R R**

Repeat each exercise 20 times

# EXERCISE

# 202103.4

*by Stefan Baldauf*

|   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|
| R | L | R | L | R | R | L | R | L | R | L | L |
|   | R |   | R |   | R |   | R |   | R |   | R |
| R | L | R | L | R | R | L | R | L | R | L | L |
| R | R |   |   | R | R |   |   | R | R |   |   |
| R | L | R | L | R | R | L | R | L | R | L | L |
| R |   | R | R |   | R | R |   | R | R |   | R |
| R | L | R | L | R | R | L | R | L | R | L | L |
|   | R | R |   | R | R |   | R | R |   | R | R |

Repeat each exercise 20 times