

# EXERCISE

# 202104.1

*by Stefan Baldauf*

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

Repeat each exercise 20 times

# EXERCISE

# 202104.2

*by Stefan Baldauf*

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

Repeat each exercise 20 times

# EXERCISE

# 202104.3

*by Stefan Baldauf*

R		RR		RR		RR		R
	L			L		L		
R		R		R		R		
R		RR		RR		RR		R
		L		L			L	
R		R		R		R		
R		RR		RR		RR		R
L		L	L	L		L		L
R		R		R		R		
R		RR		RR		RR		R
	L	L	L	L	L	L	L	L
R		R		R		R		

Repeat each exercise 20 times

# EXERCISE

# 202104.4

*by Stefan Baldauf*

R		RR		RR		RR		R			
L	L			L	L			L	L		
R				R				R			
R		RR		RR		RR		R			
		L	L			L	L			L	L
R				R				R			
R		RR		RR		RR		R			
L		L	L			L	L			L	
R				R				R			
R		RR		RR		RR		R			
		L	L			L	L			L	L
R				R				R			

Repeat each exercise 20 times