

EXERCISE

202105.1

by Stefan Baldauf

R L R L R L R L R L

L R L R L R

L R L R L R L R L R

L R L R L R

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

L R L R

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

L R L R

Repeat each exercise 20 times

EXERCISE

202105.2

by Stefan Baldauf

R L R L R R L R L L L

L R L R

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

L R L R

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

L R L R

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

L R L R

Repeat each exercise 20 times

EXERCISE

202105.3

by Stefan Baldauf

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

L R L R

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

L R L R

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

L R L R

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

L R L R

Repeat each exercise 20 times

EXERCISE

202105.4

by Stefan Baldauf

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

L R L R

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

L R L R

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

L R L R

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

L R L R

Repeat each exercise 20 times