

EXERCISE

202106.1

by Stefan Baldauf

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

R L R R L

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

R L R R L

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

R L R R L

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

R L R R L

Repeat each exercise 20 times

EXERCISE

202106.2

by Stefan Baldauf

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

R L R R L

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

R L R R L

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

R L R R L

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

R L R R L

Repeat each exercise 20 times

EXERCISE

202106.3

by Stefan Baldauf

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

R L R R L

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

R L R R L

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

R L R R L

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

R L R R L

Repeat each exercise 20 times

EXERCISE

202106.4

by Stefan Baldauf

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

R L R R L

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

R L R R L

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

R L R R L

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

R L R R L

Repeat each exercise 20 times