

# EXERCISE

# 202109.1

*by Stefan Baldauf*

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

Repeat each exercise 20 times