

EXERCISE

202110.1

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE

202110.2

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE

202110.3

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE

202110.4

by Stefan Baldauf

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

Repeat each exercise 20 times