

# EXERCISE

# 202111.1

*by Stefan Baldauf*

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

Repeat each exercise 20 times

# EXERCISE

# 202111.2

*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	
L	L	L	L	L	L	L	L
R		R		R		R	
L		L		L		L	
R	R	R	R	R		R	
L		L		L	L	L	L
R		R		R		R	
L		L		L		L	
R	R	R		R	R	R	
L		L	L	L		L	L

Repeat each exercise 20 times

# EXERCISE

# 202111.3

*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	R		R	
L		L		L	L	L	L
R	R	R		R	R	R	
L		L	L	L		L	L
R	R	R		R	R	R	
L		L	L	L		L	L

Repeat each exercise 20 times

# EXERCISE 202111.4

*by Stefan Baldauf*

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

Repeat each exercise 20 times