

EXERCISE 2022.01.1

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE 2022.01.2

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE 2022.01.3

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE 2022.01.4

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 | |
| 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 | |
| L | L | L | L | L | L | L | L |
| R | R | R | | R | R | R | |
| L | | L | L | L | | L | L |
| R | | R | | R | | R | |
| L | L | L | L | L | L | L | L |

Repeat each exercise 20 times