

EXERCISE 2022.02.1

by Stefan Baldauf

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

R R

Repeat each exercise 20 times

EXERCISE 2022.02.2

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The exercise consists of four rows of letters, each row separated by a horizontal line. There are four vertical grey bars, one in each column. The letters are arranged as follows:

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

Repeat each exercise 20 times

EXERCISE 2022.02.3

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

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

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

R R

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

R R

Repeat each exercise 20 times

EXERCISE 2022.02.4

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE 2022.02.5

by Stefan Baldauf

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

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

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

R R

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

R R

Repeat each exercise 20 times