

EXERCISE 2022.03.1

by Stefan Baldauf

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

Repeat each exercise 20 times

EXERCISE 2022.03.2

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

Repeat each exercise 20 times

EXERCISE 2022.03.3

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

Repeat each exercise 20 times

EXERCISE 2022.03.4

by Stefan Baldauf

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

Repeat each exercise 20 times