

# EXERCISE

2022.04.1

*by Stefan Baldauf*

R L R L R L R L

L L L L

R L R L R L R L

R L L L

R L R L R L R L

R L R L R L R L

R L R L R L R L

R L R L R L R L

Repeat each exercise 20 times

# EXERCISE 2022.04.2

*by Stefan Baldauf*

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

Repeat each exercise 20 times

# EXERCISE 2022.04.3

*by Stefan Baldauf*

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

Repeat each exercise 20 times

# EXERCISE 2022.04.4

*by Stefan Baldauf*

The exercise consists of six rows, each representing a rhythmic pattern. Each row has a horizontal line. The notes are as follows:

- Row 1: R, L, R, R, L, R, L, L
- Row 2: L, L, L
- Row 3: R, L, R, R, L, R, L, L
- Row 4: R, L, L, L
- Row 5: R, L, R, R, L, R, L, L
- Row 6: R, L, R, L, R, L, L

Repeat each exercise 20 times