

EXERCISE 2022.05.1

by Stefan Baldauf

R 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
L L L L L L L L

R L L

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

R R L

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

R R L

Repeat each exercise 20 times

EXERCISE 2022.05.2

by Stefan Baldauf

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 L L L L L L L L

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

R L L L L L L L L L L

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

R L L L L L L L L L L

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

R L L L L L L L L L L

Repeat each exercise 20 times

EXERCISE 2022.05.3

by Stefan Baldauf

RR	LL	RR	LL	RR	LL	RR	LL
		L				L	

RR	LL	RR	LL	RR	LL	RR	LL
R		L				L	

RR	LL	RR	LL	RR	LL	RR	LL
R		L	R			L	

RR	LL	RR	LL	RR	LL	RR	LL
R		L	R			R	L

Repeat each exercise 20 times

EXERCISE 2022.05.4

by Stefan Baldauf

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

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

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

Repeat each exercise 20 times