

Alternate hands 1

EXERCISE 1

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

EXERCISE 2

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

EXERCISE 3

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

EXERCISE 4

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

EXERCISE 5

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

EXERCISE 6

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

EXERCISE 7

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

EXERCISE 8

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

EXERCISE 9

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