

# Hand Coordination Workout #1

①

R R R R R R R R R R R R

L L L L L L L L L L L L

②

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

③

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

④

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

⑤

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