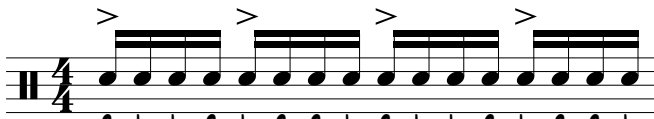





16 EXERCISES TO BUILD FACILITY WITH INVERTED PARADIDDLES


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1 
R L L R L R R L R L L R L R R L


2 
R L L R L R R L R L L R L R R L


3 
R L L R L R R L R L L R L R R L


4 
R L L R L R R L R L L R L R R L

5 
R L L R L R R L R L L R L R R L


6 
R L L R L R R L R L L R L R R L

7 
R L L R L R R L R L L R L R R L


8 
R L L R L R R L R L L R L R R L

9 
R L L R L R R L R L L R L R R L

10 
R L L R L R R L R L L R L R R L

11 
R L L R L R R L R L L R L R R L

12 
R L L R L R R L R L L R L R R L

13 
R L L R L R R L R L L R L R R L

14 
R L L R L R R L R L L R L R R L

15 
R L L R L R R L R L L R L R R L

16 
R L L R L R R L R L L R L R R L