

3 on a Hand Workout

#529



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



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



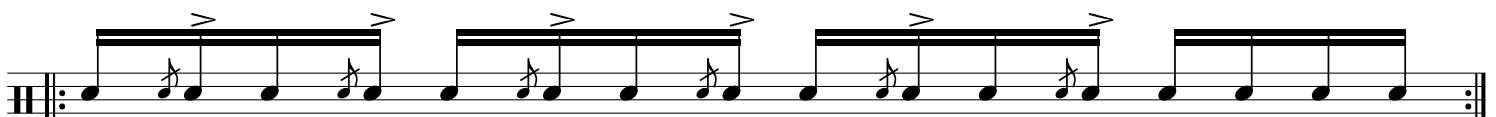
R L R L R R R L R L R R R L R L
L R L R L L L R L R L L L R L R



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



l R R r L L l R R r L L l R R r L L R L R L
r L L l R R r L L l R R r L L l R R L R L R



R r L L l R R r L L l R R r L L l R R L R L
L l R R r L L l R R r L L l R R L R L R