


Reverse Flam Tap Workout

#466




1 R L R r L R L I R L r L R I R L r L R I R L r L R L I R L R r L R I R L r L R I R L r L R



1 R L r L R L I R L R r L R I R L r L R I R L r L R I R L R r L R L I R L r L R I R L r L R



1 R L r L R I R L R r L R L I R L r L R I R L r L R I R L r L R L I R L R r L R I R L r L R



1 R L r L R I R L r L R L I R L R r L R I R L r L R I R L r L R L I R L r L R



1 R L r L R I R L r L R I R L R r L R L I R L r L R I R L r L R I R L r L R L I R L R r L R



1 R L r L R I R L r L R I R L r L R L I R L R r L R I R L r L R I R L r L R I R L R r L R L