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Read downward

| | |
|--|--|
| <p>1  R L R L R L R L R L R L R L R L R L R L <i>i * i * i * i *</i></p> <p>2  L R L R L R L R L R L R L R L R L R L R</p> <p>3  R R L L R R L L R R L L R R L L R R L L</p> <p>4  L L R R L L R R L L R R L L R R L L R R</p> <p>5  R L R R L R L L R L R R L R L L R L R L L</p> <p>6  R L L R L R R L R L L R L R R L R R L</p> <p>7  R R L R L L R L R R L R L L R L R L L R L L</p> <p>8  R L R L L R L R R L R L R L L R L R L R L R L R</p> <p>9  R R R L R R R L R R R L R R R L R R R L R R R L</p> <p>10  L L L R L L L R L L L R L L L R L L L R L L L R</p> <p>11  R L L L R L L L R L L L R L L L R L L L L R L L L L</p> <p>12  L R R R L R R R L R R R R L R R R R L R R R R L R R R R</p> | <p>13  R R R R L L L L R R R R L L L L</p> <p>14  R L R L R R L L R L R L R R L L</p> <p>15  L R L R L L R R L R L R L L R R</p> <p>16  R L R L R L R R L R L R L R L L</p> <p>17  R L R L R L L R L R L R L R R L</p> <p>18  R L R L R R L R L R L R L L R L R L</p> <p>19  R L R L R R R L R L R L R R R L R R R L</p> <p>20  L R L R L L L R L R L R L L L R L L L R</p> <p>21  R L R L R L L L R L R L R L L L R L L L R</p> <p>22  L R L R L R R R L R L R L R R R L R R R R</p> <p>23  R L R L R R R R L R L R L L L L R L L L L</p> <p>24  R R L L R L R R L L R R L R L L R L R L L</p> |
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* R = right stick
L = left stick

Repeat each exercise 20 times.