

Combining The Right and Left Hand Exercises

Exercise 1

0 1 3 1 0

Exercise 2

0 1 4 1 0

Exercise 3

0 2 0 2 0

Exercise 4

0 2 3 2 0

Exercise 5

0 2 3 3 2 0

Exercise 6

0 1 4 1 1 0 1 4 1 0