

1 * RRL RL RL RL RL RL RL

13 RRR RLL RRR LLL

2 LRL RLRL RLRL RLRL

14 RLRL RRRL RLRL RRRL

3 RRLL RRLL RRLL RRLL

15 LRRL LLRR LRRL LLRR

4 LLRR LLRR LLRR LLRR

16 RLRL RLRR LRRL LRRL

5 RLRR LRLL RLRR LRLL

17 RLRL RLLR LRRL LRRL

6 RLLR LRRL RLLR LRRL

18 RLRL RRLR LRLR LLRL

7 RRLR LLRL RRRL LLRL

19 RLRL RRRL RLRL RRRL

8 RLRL LRRL RLRL LRRL

20 LRRL LLLR LRRL LLLR

9 RRRL RRRL RRRL RRRL

21 RLRL RLLL RLRL RLLL

10 LLLR LLLR LLLR LLLR

22 LRRL LRRR LRRL LRRR

11 RLLL RLLL RLLL RLLL

23 RLRL RRRL LRRL LLLL

12 LRRR LRRR LRRR LRRR

24 RRLL RLRR LLRR LRRL

* R = right stick
L = left stick

Repeat each exercise 20 times.

25

R R L L R L L R L I R R L R R L

37

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

26

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

38

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

27

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

39

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

28

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

40

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

29

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

41

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

30

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

42

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

31

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

43

R L L R L L R L R E R L L R L R R L R R R L

32

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

44

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

33

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

45

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

34

L R L L R L U R L R L L R L L R L L L R L L L

46

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

35

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

47

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

36

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

48

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

49 R L L R L L L L R L E R L L L L
 50 L R R L R R R R L R R R L R R R R
 51 R R L R R R L R R R L R R R L R
 52 L L R L L L R L L L R L L R L L
 53 R R L R L L L R L L R L R R R L
 54 R R L R L R R R R L L R L R L L
 55 R R L R L L L L R R R L R L L
 56 L L R L R R R R L L R L R R R R
 57 R R R L L L R R R R L L L R
 58 R R R L R L L R R R L R L L
 59 L L L R L R R R R L L R L R R R
 60 R R R L R R R R L L L R L L L
 61 R L L L L R R R R R L L L L R R R R
 62 R L L L R R R R L R R R L L L L
 63 R R R L L L R R R L L L L R R R L
 64 L L R R R L L R R R L L L R
 65 R R L R R R R L R R R L R R L
 66 L L R L L R L L R L L R L R L
 67 R L L R L R L L R L L R L R L
 68 L R R L R R L R R L R R R L R L R
 69 R L R R L L L L R R R R R L R L L
 70 R R L L R L R R L L L L R R R R
 71 L L R R L R L L R R R R L L L
 72 R R R R L R R R L R R R L R L R L