







1		13	
2		14	
3		15	
4		16	
5		17	
6		18	
7		19	
8		20	
9		21	
10		22	
11		23	
12		24	

* R = right stick
L = left stick

Repeat each exercise 20 times.

25  R R L L R L L R L L R R L R R L

26  R R L L R R L R L L R R L R L

27  R R L L L L R R R R L L L R R

28  R R L L R R R L R R L L R R R L

29  L L R R L L L R L L R R L L L R

30  R R L L R L L L R R L L R L L L

31  L L R R L R R R L L R R L R R R

32  R R L L R R R R L L R R L L L L

33  R L R R L R R L R L R R L R R L

34  L R L L R L L R L R L L R L L R

35  R L R R L L R L R L R R L L R L

36  L R L L R R L R L R L L R R L R

37  R L R R R L R R R L R R R L R R

38  L R L L L R L L L R L L L L R L L

39  R L R R L L L R L R L L R R R L

40  R L R R L R R R L R L L R L L L

41  R L R R L L L L R L R R L L L L

42  L R L L R R R R L R L L R R R R

43  R L L R L L R L R L L R L L R L

44  L R R L R R L R L R R L R R L R

45  R L L R R L L R R L L R R L L R

46  L R R L L R R L L R R L L R R L

47  R L L R L L L R L R R L R R R L

48  R L L R L R R R L R R L R L L L

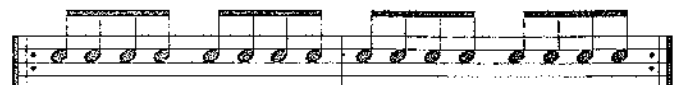
49  R L L R L L L L R L L R L L L L

61  R L L L L R R R R L L L L L R R R R


50  L R R L R R R R L R R L R R R R

62  R L L L R R R R L R R R L L L L L

51  R R L R R R L R R R L R R R L R

63  R R R L L L R R R L L L R R R L

52  L L R L L L R L L L R L L R L

64  L L L R R R L L L R R R L L L R

53  R R L R L L L R L L R L R R R L

65  R R L R R L R R L R R L R L R L


54  R R L R L R R R L L R L R L L L

66  L L R L L R L L R L L R L R L R

55  R R L R L L L L R R L R L L L L

67  R L L R L L R L L L R L L R L R L L

56  L L R L R R R R L L R L R R R R


68  L R R L R R L R R L R R R L R L R

57  R R R L L L L R R R R L L L L R

69  R L R R L L L L R R R R L R L L L

58  R R R L R L L L R R R L R L L L

70  R R L L R L R R L L L L R R R R

59  L L L R L R R R L L L R L R R R

71  L L R R L R L L R R R R L L L L

60  R R R L R R R R L L L R L L L L

72  R R R R L L R R L R R L R L R L