

Timing Exercise

M. Altmire

4s

All Sections

[R L R] ---

[R R L] ---

[R L L] ---

4

2s

[L R L] ---

[R L R]

[R R L]

[R L L]

[L R L]

7

1s

etc...

[R L R] [R R L] [R L L] [L R L]

10

etc...