

# Warm Ups

4/4 1 2 3 4 | 1 2 Ready Go

3 R R R R

7 L L L L

11 R R R R R R R R

15 L L L L L L L L

19 R L R L R L R L R L R L R L

23 R L R R R L R R R L R

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

31 R L R L R L R L

