

Quad Warm Ups

A

r-> l-> r-> l-> r-> l-> r-> l->

B

r r r l l l r r r l l l r r r l

C

r r r l l l r r r l l l r r r l

D

r r r l l l r r r l l l r r r l

E

r r r l l l r r r l l l r r r l

F

r L r l R l r L r L r l R l r L r L r l R l r L

G

r r r l l l r r r l l l r r r l l l r r r l

H

r r r l l l r r r l l l r r r l l l r r r l

I

r r r l l l r r r l l l r r r l l l r r r l

J

r r r l l l r r r l l l r r r l l l r r r l