
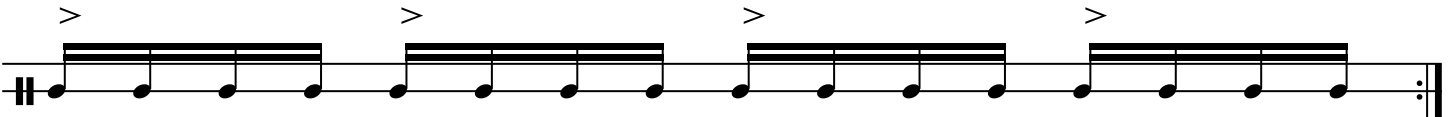


PARADIDDLE WORKOUT




1) 


R L R R L R L L R L R R L R L L
D U T T D U T T D U T T D U T T

2) 

L R L L R L R R L R L L R L R R
D U T T D U T T D U T T D U T T

3) 

R L R L R R L R L R L L R L R L R R L R L R L L
D T T U T T D T T U T T D T T U T T D T T U T T

4) 

R L R L R R L R L R L L R L R L R R L R L R L L
F T D U T T F T D U T T F T D U T T F T D U T T