

PARADIDDLE WORKOUT



5)

R L R R L L R L R R L L R L R R L L R L R R L L

6)

L R L L R R L R L L R R L R L L R R L R L L R R

7)

R L R R L R L L R L R R L R L L R L L R L R R L R L L R L R R L
L R L L R L R R L R L L R L R R L R R L R L L R L R R L R L L R

R R L R L L R L R R L R L L R L L R L R L L R L R L L R L R
L L R L R R L R L L R L R R L R L L R L R L L R L R R L R L L