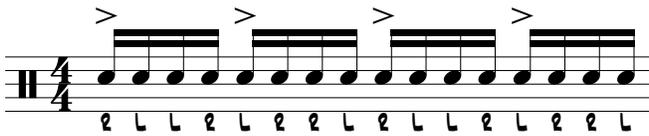
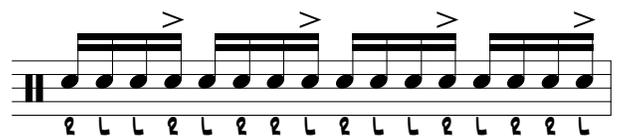
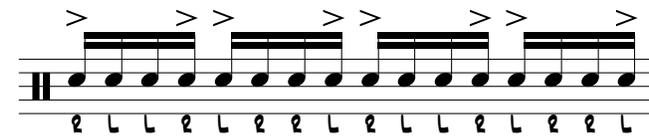


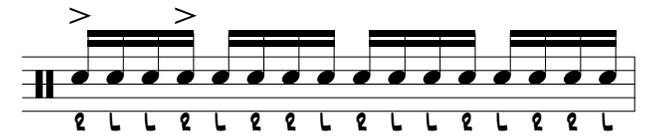
# 16 EXERCISES TO BUILD FACILITY WITH INVERTED PARADIDDLES

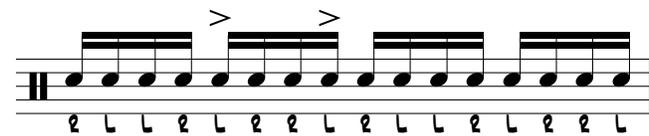
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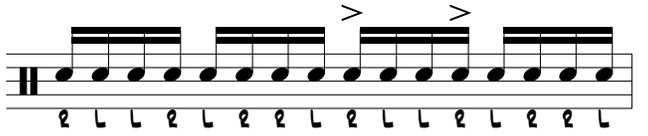
1   
R L L R L R R L R L L R L R R L

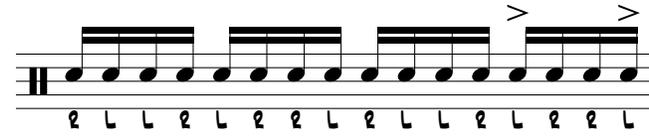
2   
R L L R L R R L R L L R L R R L

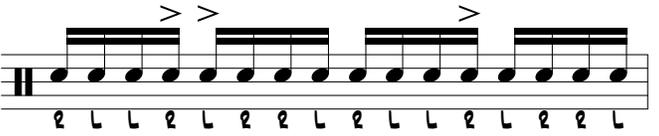
3   
R L L R L R R L R L L R L R R L

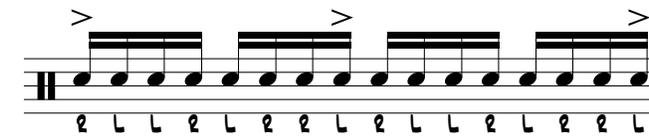
4   
R L L R L R R L R L L R L R R L

5   
R L L R L R R L R L L R L R R L

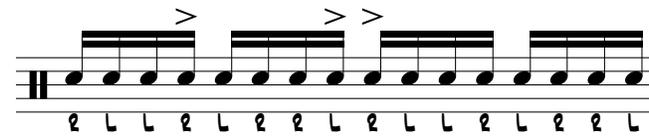
6   
R L L R L R R L R L L R L R R L

7   
R L L R L R R L R L L R L R R L

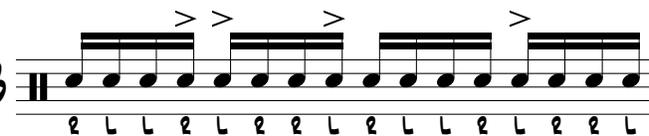
8   
R L L R L R R L R L L R L R R L

9   
R L L R L R R L R L L R L R R L

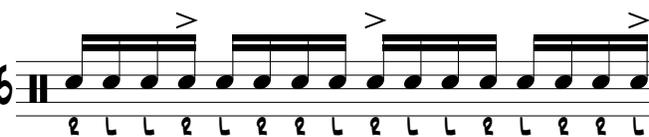
10   
R L L R L R R L R L L R L R R L

11   
R L L R L R R L R L L R L R R L

12   
R L L R L R R L R L L R L R R L

13   
R L L R L R R L R L L R L R R L

14   
R L L R L R R L R L L R L R R L

15   
R L L R L R R L R L L R L R R L

16   
R L L R L R R L R L L R L R R L