

MOULATING ROLL EXERCISE

1

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

R L

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

R L

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

R L

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

R L

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

4/8

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

3/8

R R L L R R L L

2/8

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

8/8

8/8

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

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

7/8

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

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

6/8

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

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

5/8

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

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

4/8

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

3/8

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

2/8

R R L L R R L L L L

6/8

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