

Pad Workout #2



4/4

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

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

LR RRL LLR RRL LLR RRL LLR RRL LLR RRL LLR RRL

RL LLR RRL LLR RRL LLR RRL LLR RRL LLR RRL