

# 4 - 2 - 1 - None Spree

Unknown

## FOUR

R l r L r l ...

4

7

R l r L r l

10

R l L r R l L r R l L r R l r L r l ...

13

R l L r R l L r R l L r

## TWO

R l r L r l ...

R l r L r l R l L r R l L r l R l r L r l R l r L r l R l r L r R l L r

## ONE

R l r L r l R l r L r l R l r L r l R l r

L r l R l r L r R l r L r l R l r L r

## NONE

R l r L r l R l r L r l R l L r l R l

repeat entire exercise  
off the left hand