

Flam Fun Warmups

1

L R R L L R R L

2

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

3

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

4

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

5

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

6

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

7

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

8

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