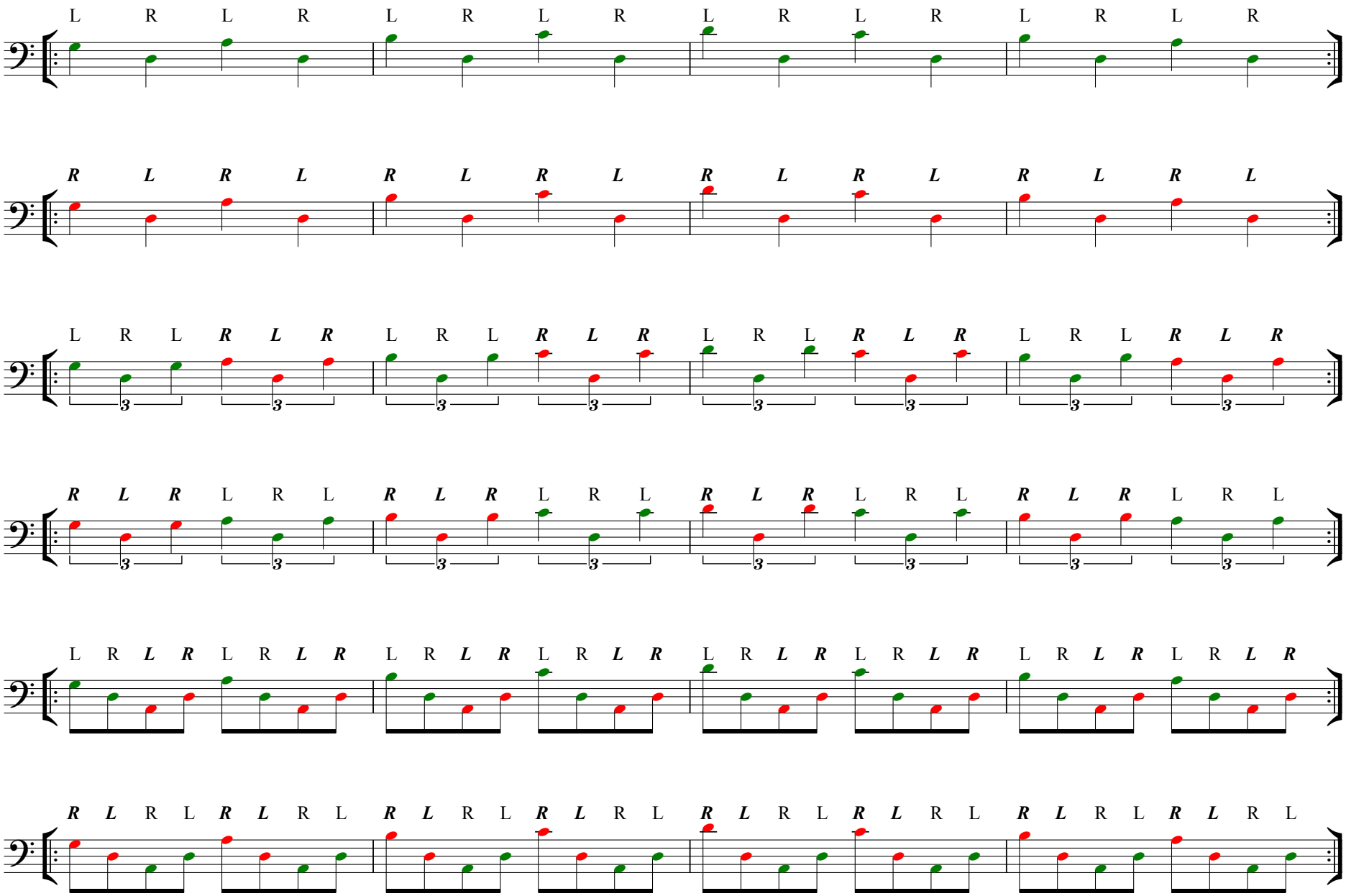
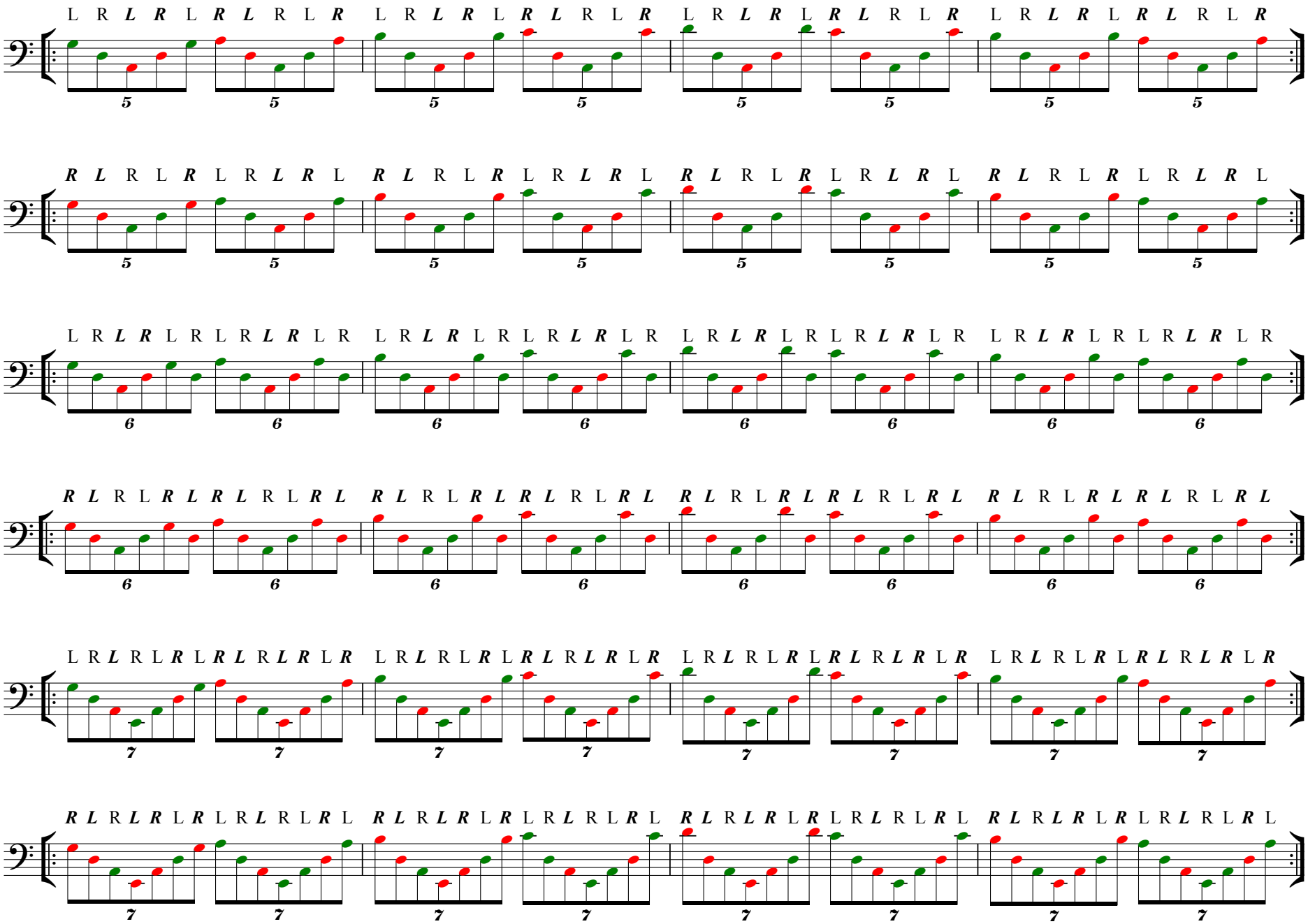
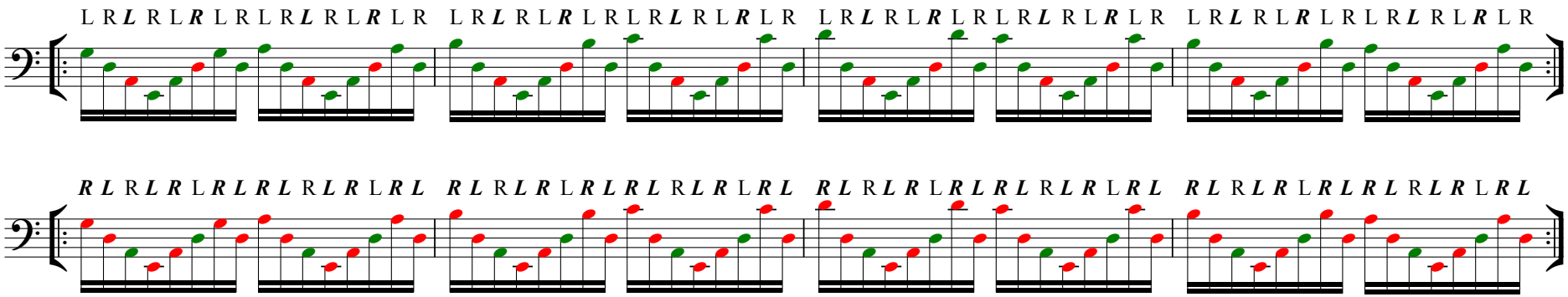
Alternating Right Hand Excercise




L R L R L R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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 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