

# Strik's Favorite Warm-Ups

Chris Strik

**A** R L L R R L ..... R R L L R L R L L R R L R R L L R L

R R L L R L R L L R R L **B** 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 **C** R L L R R L

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

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

**D** R L R L ..... R R L L .....

R L R L ..... R R L L ..... R L R L R R L L ..... .....

**E** R L R L R R L R L R L L R L R R L R L L R L R R

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