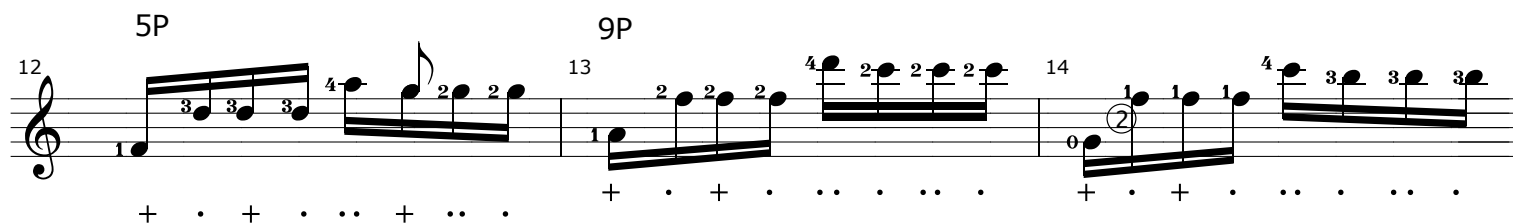
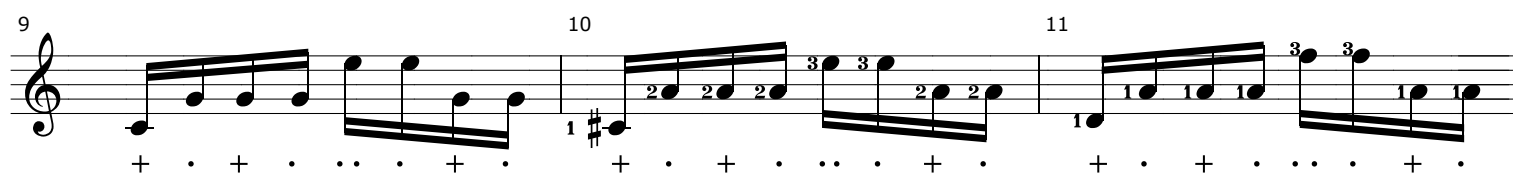
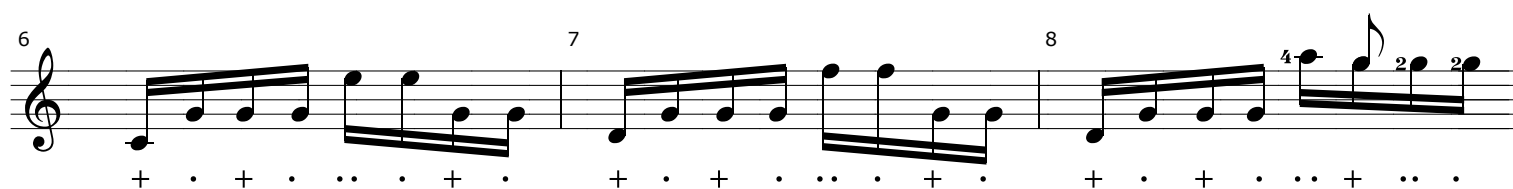
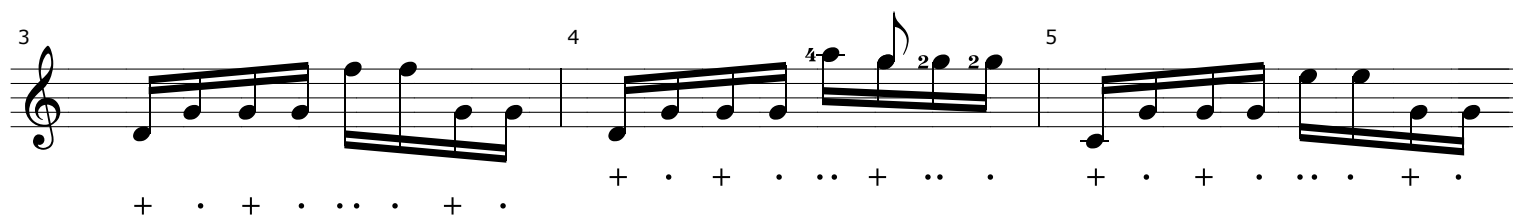
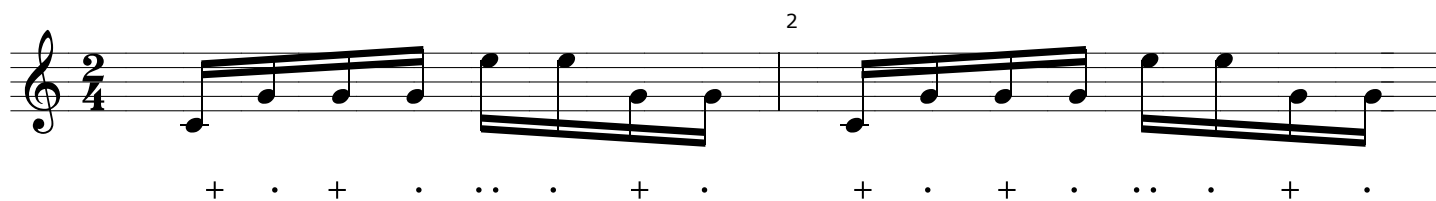


Right Hand Exercise

rapid shifting



15 16 17

+ . + + . + . . . + . . . + . + . +

18 19 20

+ . + . . . + . + . + + . + . . . + . . .

21 22 23 2PB

+ . + . . . + . 1# + . + + . + . +

24 5P 25 9P 26 6P

+ . + . . . + . + . + + . + . +

27 6P 28 29 8P

+ . + + . + . . . + . . . + . + . +