



# Triplets Workout


Repeat each exercise.

1   
R L L R L L L R R L R R R L L R L L L R R L R R

3   
R L L R L L R L L R L L R L L R L L R L L R L L

5   
R L L L R R R L L L R R R L L L R R R L L L R R R

7   
L R R L R R R L L R L L L R R R L R R R L L R L L

9   
L R L R L R L R L R L R L R L R L R L R L R

11   
R L R L R L R L R L R L R L R L R L R L R L

13   
R L R R L R L L R R L R R L R R R L R L L R R L R

15   
L L R R L R L R L R L R L R L L R R L R L R L R L R

17   
R L L R L R L L R L R R L L R L R L R L R L L R L R

19   
L R R L R L R R L R R L R L R R L R R L R R L R L R R