

# Warm-Ups: 4-Limb Coordination

Synhavsky

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

2 SD HT MT FT

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

4 BD HH/Foot

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

6

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

8

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

10

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

12

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

14