

"Mirrored" Exercises

for the Full Stroke
By Dr. Dave Gerhart

A

R/L R/L R/L R/L R/L R/L R/L R/L R R R R R R R R R

R/L R/L R/L R/L R/L R/L R/L R/L L L L L L L L L L

B

R/L R/L R/L R/L R R R R R/L R/L R/L R/L L L L L

C

R/L R/L R R R/L R/L L L

D

R/L R R/L L R/L R R/L L

E 8,7,6...

R/L R R R R R R R R R/L L L L L L L L R/L R R R R R R R

R/L L L L L L L R/L R R R R R R R/L L L L L L R/L R R R R

R/L L L L L R/L R R R R/L L L L R/L R R R/L L L R/L R R R/L L R/L R

R/L L R/L R R R/L L L R/L R R R R/L L L L R/L R R R R

R/L L L L L R/L R R R R R/L L L L L R/L R R R R R R R

R/L L L L L L L R/L R R R R R R R R/L L L L L L L L