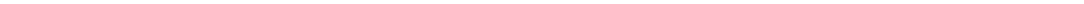


30 DAYS TO BETTER HANDS

by Johnny Rabb

Exercise #1 ** Remember to start slowly and gradually increase tempo when comfortable.

Long Version 1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a



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

32nd Notes

add 1 1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

add 2 1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a

$$112 - s_1^2 + s_2^2 + s_3^2 + s_4^2 + s_5^2 + s_6^2 + s_7^2 + s_8^2 + s_9^2 + s_{10}^2 + s_{11}^2 + s_{12}^2 + s_{13}^2 + s_{14}^2 + s_{15}^2 + s_{16}^2 + s_{17}^2 + s_{18}^2 + s_{19}^2 + s_{20}^2$$

$$\text{odd } 4 \quad 1 \quad e \quad + \quad a \quad 2 \quad e \quad + \quad a \quad 3 \quad e \quad + \quad a \quad 4 \quad e \quad + \quad a \quad 1 \quad e \quad + \quad a \quad 2 \quad e \quad + \quad a \quad 3 \quad e \quad + \quad a \quad 4 \quad e \quad + \quad a$$

add 5 1 e + a 2 e + a 3 e + a 4 e + a 1 e + a 2 e + a 3 e + a 4 e + a