

TABLE EXERCISE

Each exercise should be repeated 4 times

1st time	2nd. Time	3rd. Time	4th Time
2 3	2 3 4 3	2 1	2 3 4 5 4 3 2 1
2 4	4 5 4 3	3 1	2 4 3 5 4 2 3 1
3 4	4 2 3 5	4 1	
3 5	4 5 3 2	5 1	
4 5	3 2 5 4	4 5	
3 5	3 5 4 2	3 5	
3 4	3 4 2 5	2 5	
2 4	4 3 5 3	1 5	

