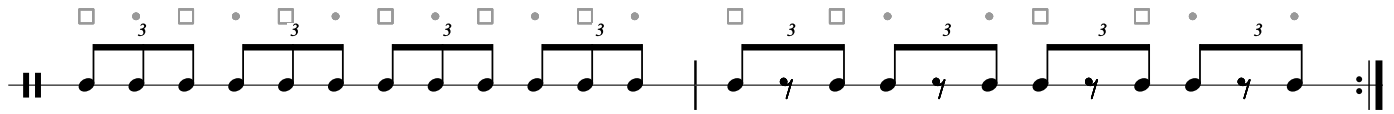




Jede Zeile 4x spielen, zwischen jeder Nr. erfolgt ein Einzähler.

*Play each row 4 times. There is a count in after each exercise.*

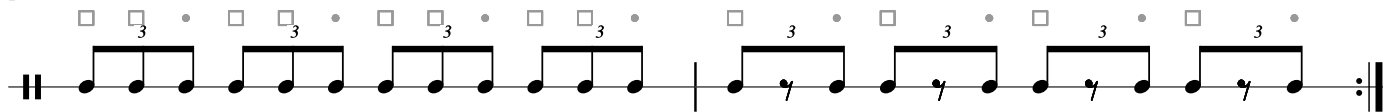
01



1 & a 2 & a 3 & a 4 & a

1 & a 2 & a 3 & a 4 & a

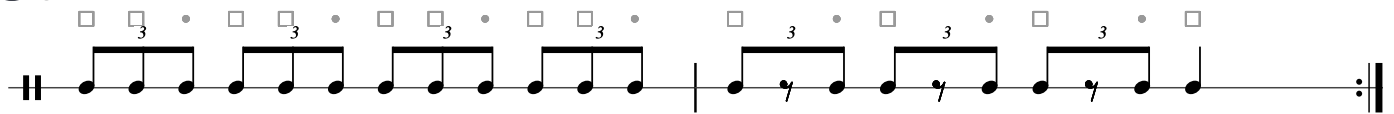
02



1 & a 2 & a 3 & a 4 & a

1 & a 2 & a 3 & a 4 & a

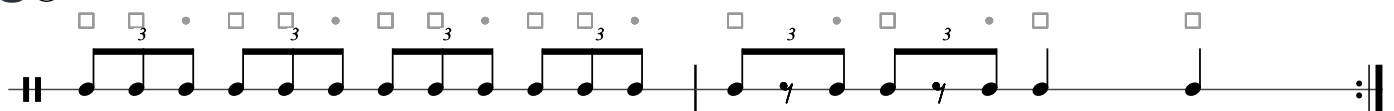
03



1 & a 2 & a 3 & a 4 & a

1 & a 2 & a 3 & a 4 & a

04



1 & a 2 & a 3 & a 4 & a

1 & a 2 & a 3 & a 4 & a

05



1 & a 2 & a 3 & a 4 & a

1 & a 2 & a 3 & a 4 & a