




Short Roll Combinations (Single Beat Rolls)

(Head downward)

1 
R L R L RLRL RLRL RLRL RLRL RLRL RLRL


13 
R L R L RLRL RLRL RLRL RLRL RLRL RLRL

2 
L R R L LRLR LRLR L R R L LRLR LRLR


14 
L R R L LRLR LRLR L R R L LRLR LRLR


3 
R R L L RLRL RLRL RLRL RLRL RLRL RLRL


15 
R R L L RLRL RLRL RLRL RLRL RLRL RLRL


4 
L L R R LRLR LRLR L L R R LRLR LRLR

16 
L L R R LRLR LRLR L L R R LRLR LRLR


5 
R L R R LRLR LRLR L L L L RLRL RLRL

17 
R L R R LRLR LRLR L L L L RLRL RLRL


6 
R L L R LRLR LRLR L R R L RLRL RLRL

18 
R L L R LRLR LRLR L R R L RLRL RLRL

7
R R R L LRLR LRLR L L L L RLRL RLRL

19 
R R R L LRLR LRLR L L L L RLRL RLRL

8
R R R L RLRL RLRL RLRL RLRL RLRL RLRL

20 
R R R L RLRL RLRL RLRL RLRL RLRL RLRL

9
L L L R LRLR LRLR L L L R LRLR LRLR

21 
L L L R LRLR LRLR L L L R LRLR LRLR

10
R L L L RLRL RLRL RLRL RLRL RLRL RLRL

22 
R L L L RLRL RLRL RLRL RLRL RLRL RLRL

11
L R R R LRLR LRLR L R R R LRLR LRLR

23 
L R R R LRLR LRLR L R R R LRLR LRLR

12
R R R R LRLR LRLR L L L L RLRL RLRL

24 
R R R R LRLR LRLR L L L L RLRL RLRL

8

* Repeat each exercise 20 times