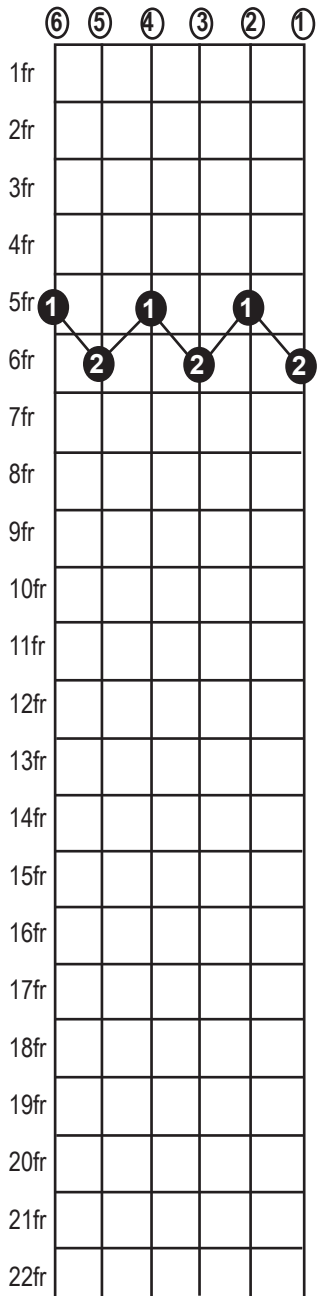
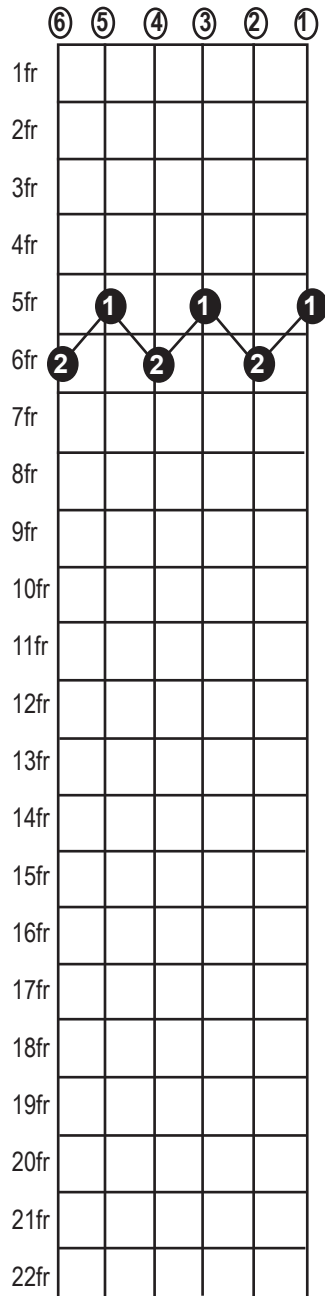


5.50-5.52 - 2 Finger Ladder Exercises - (p1) ___/___/___

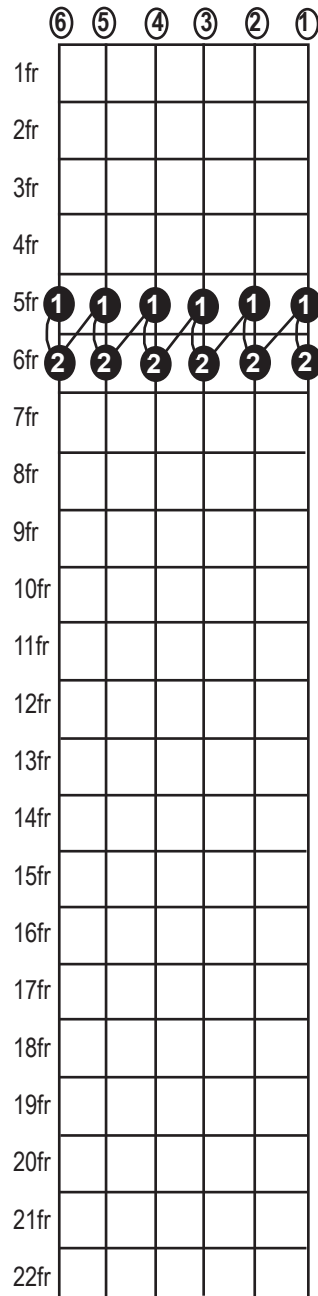
5.51 - Ascending



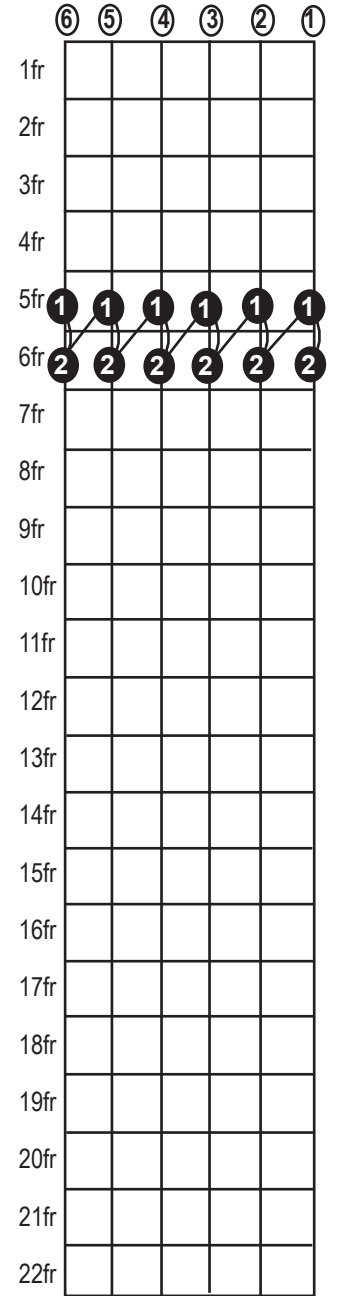
5.51 - Descending



5.52 - Ascending



5.52 - Descending

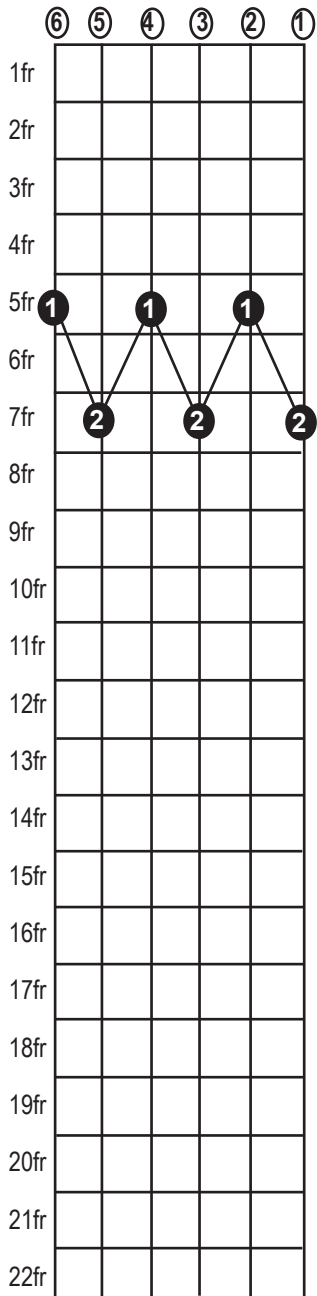


Finger Permutations:
1-2 2-1

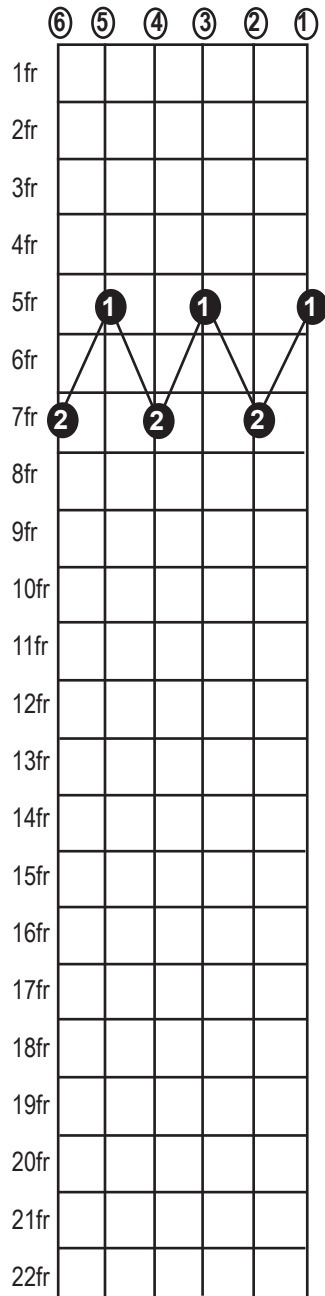
5.53-5.54 - 2 Finger Ladder Exercises - (p2)

___/___/___

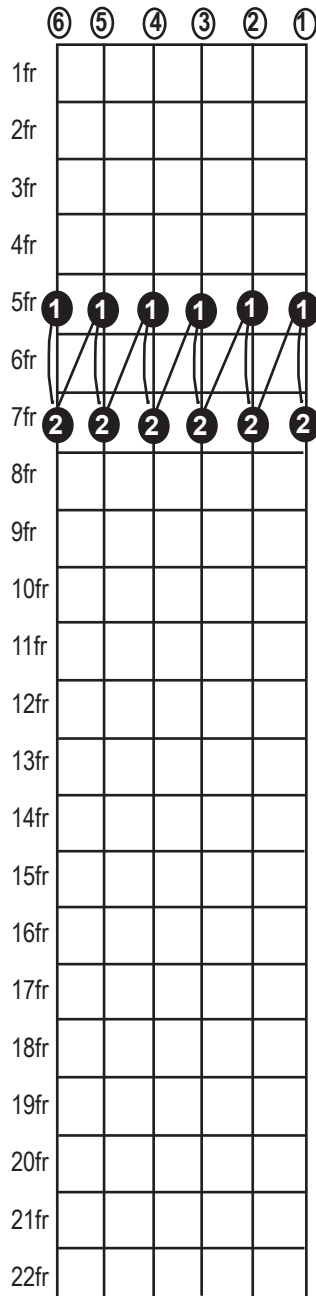
5.53 - Ascending



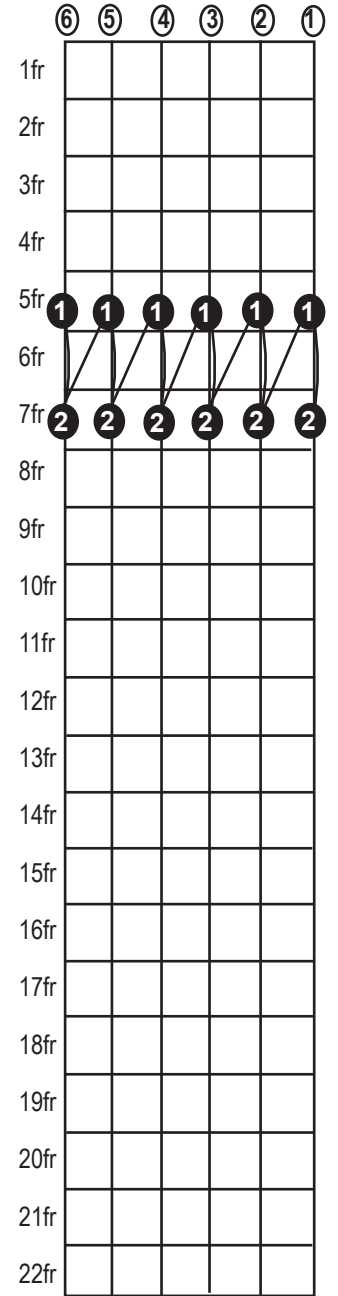
5.53 - Descending



5.54 - Ascending



5.54 - Descending

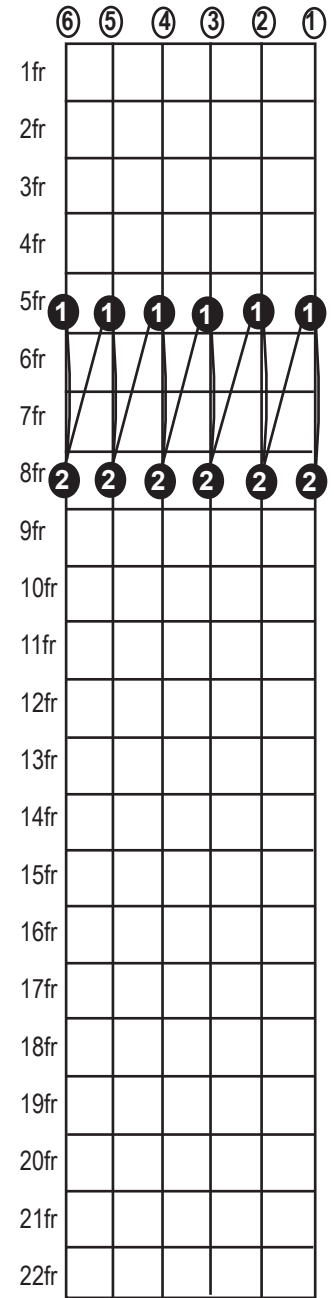
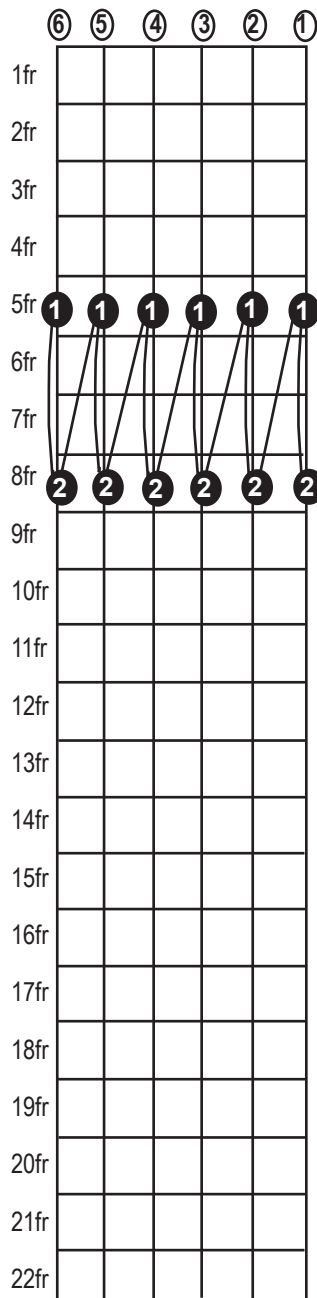
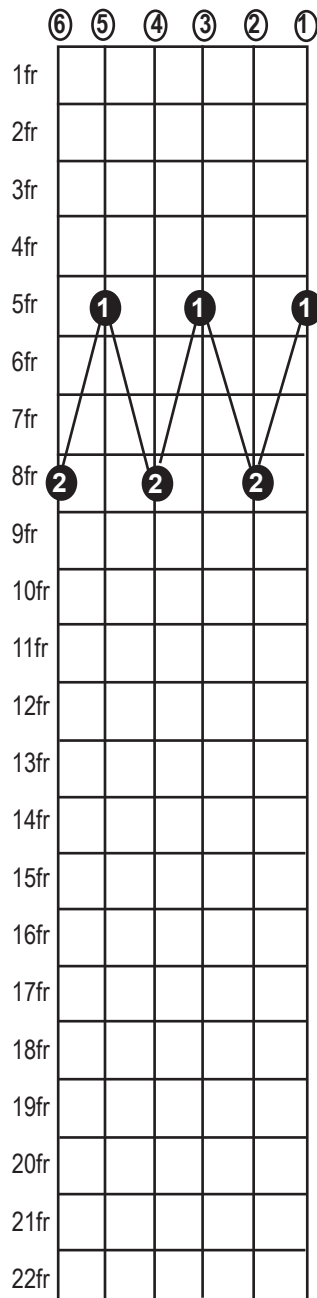
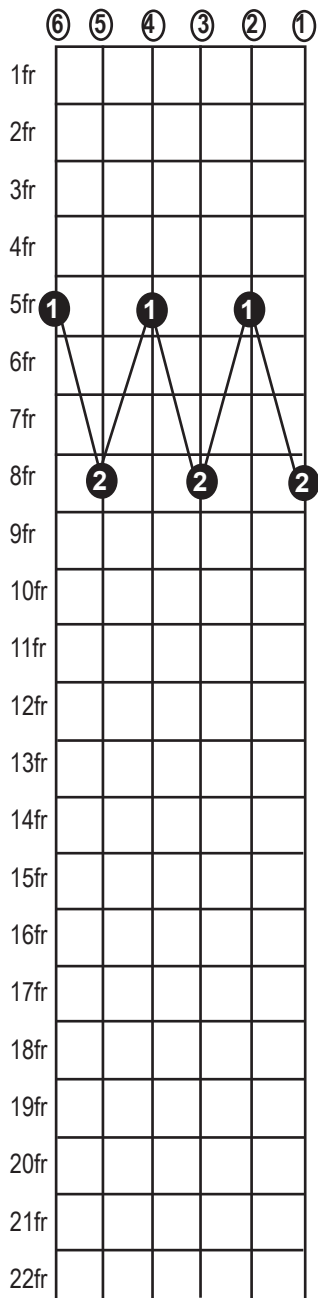


5.55 - Ascending

5.55 - Descending

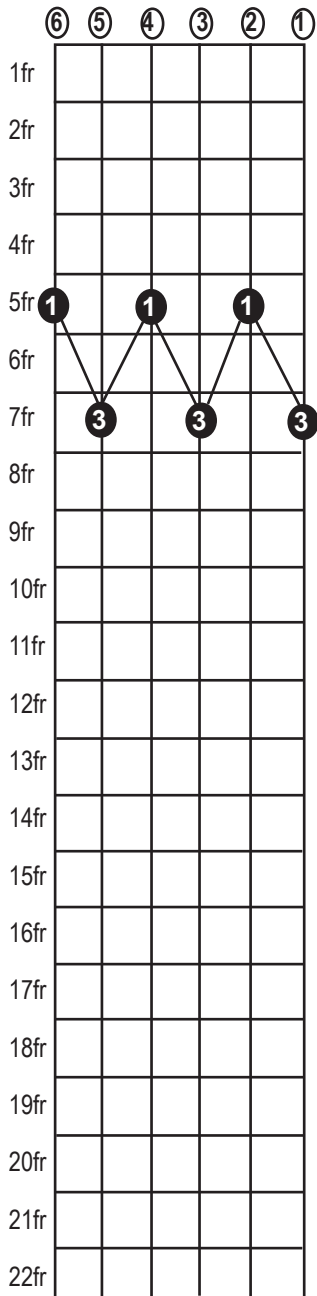
5.56 - Ascending

5.56 - Descending

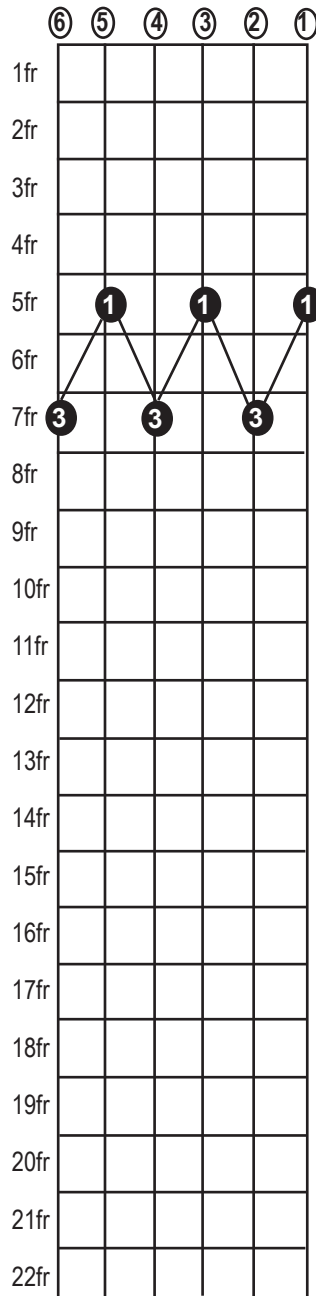


5.57-5.58 - 2 Finger Ladder Exercises - (p4) ___/___/___

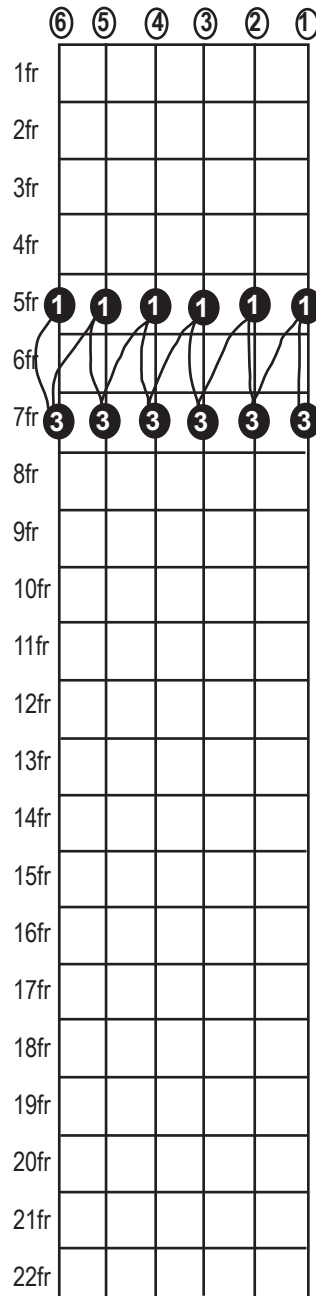
5.57 - Ascending



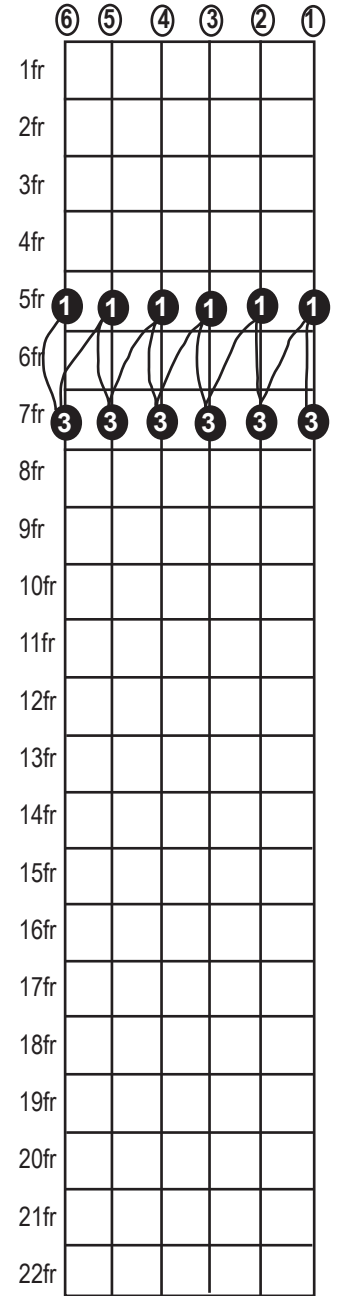
5.57 - Descending



5.58 - Ascending



5.58 - Descending

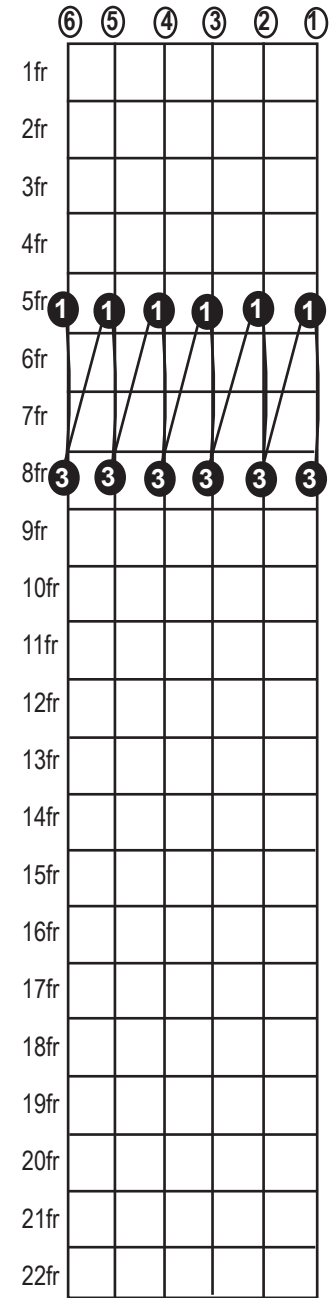
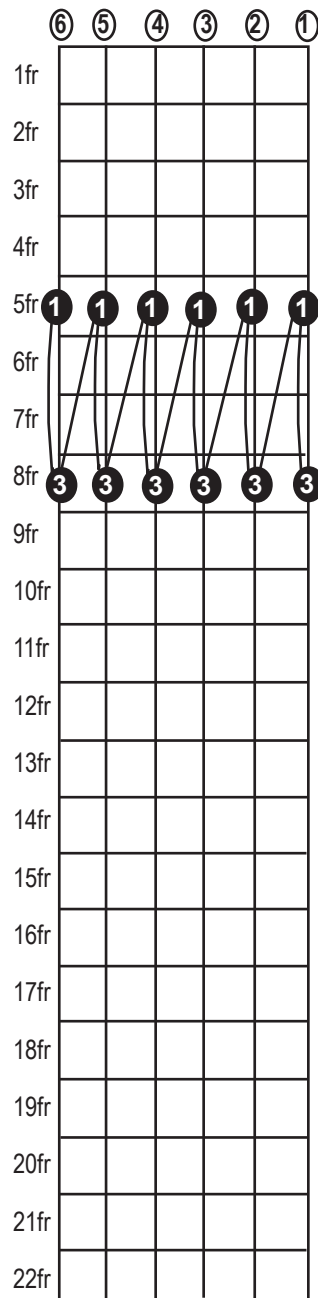
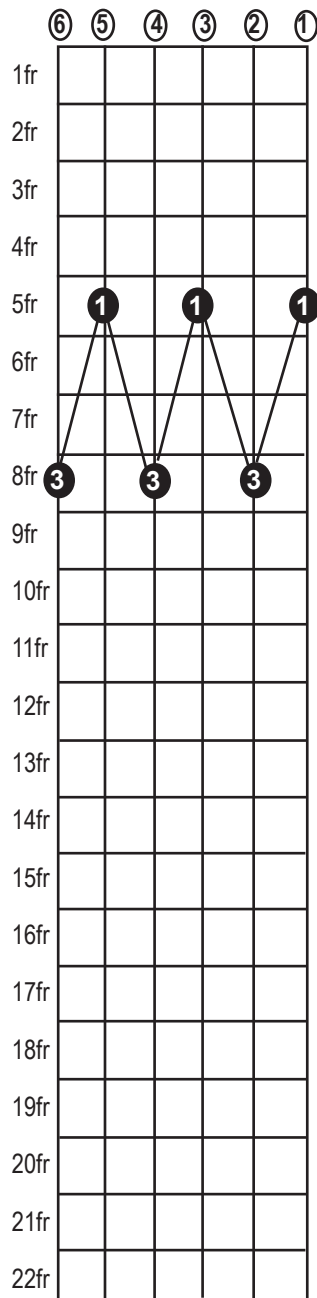
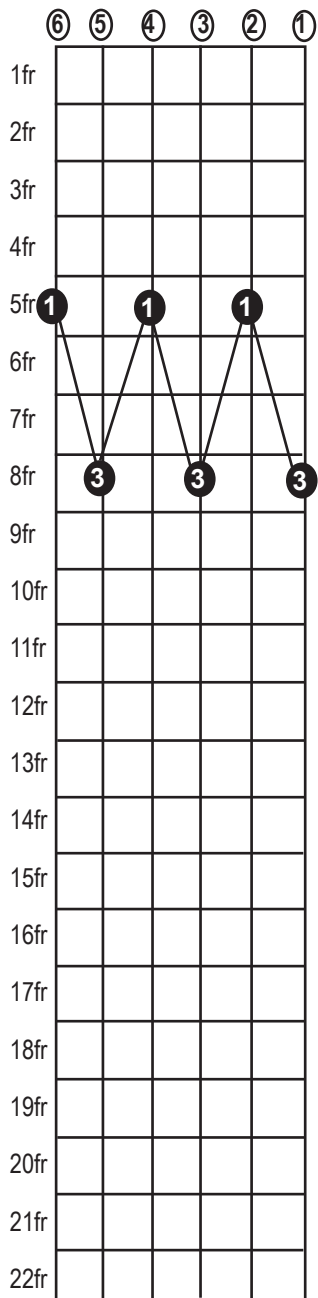


5.59 - Ascending

5.59 - Descending

5.60 - Ascending

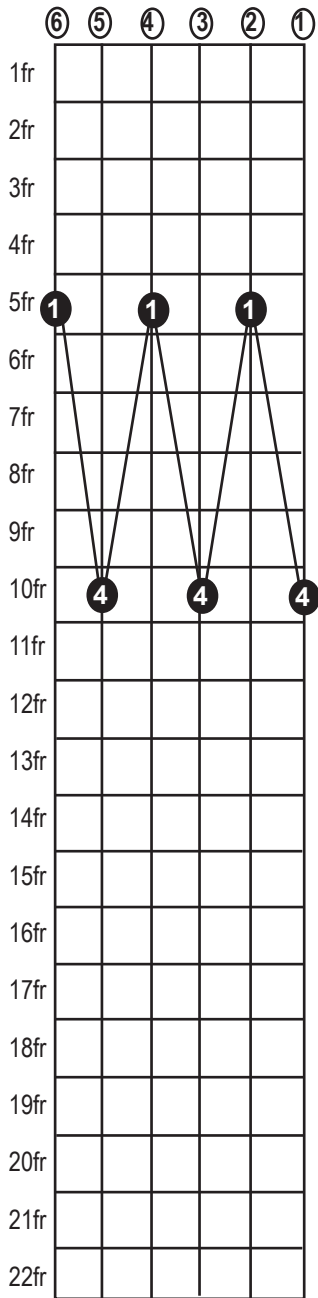
5.60 - Descending



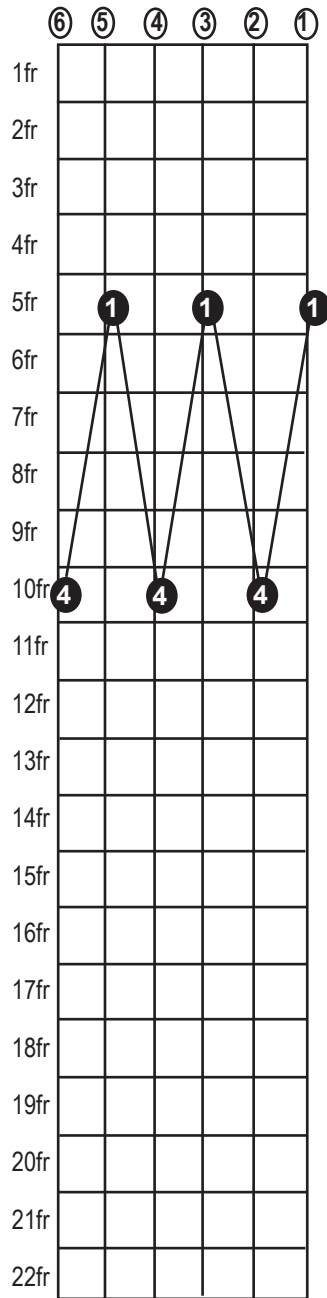
The Ladder Exercise - (P6)

___/___/___

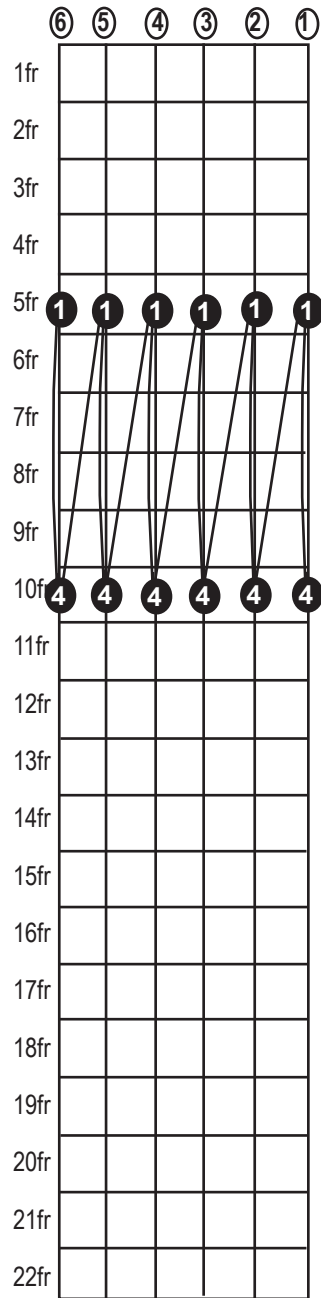
Ladder #17



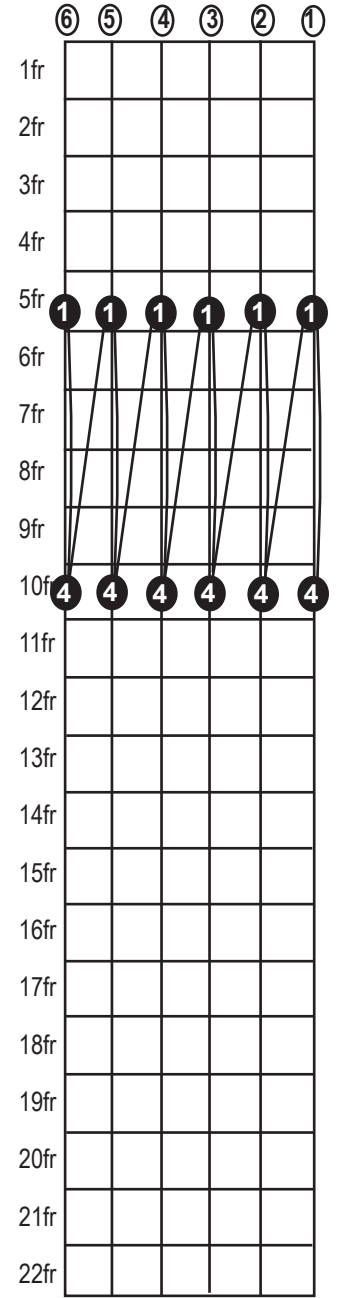
Ladder #18



Ladder #19



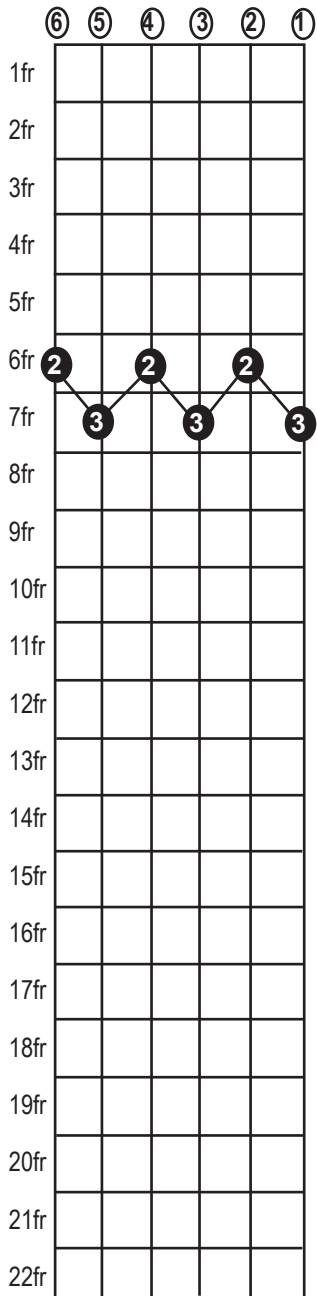
Ladder #20



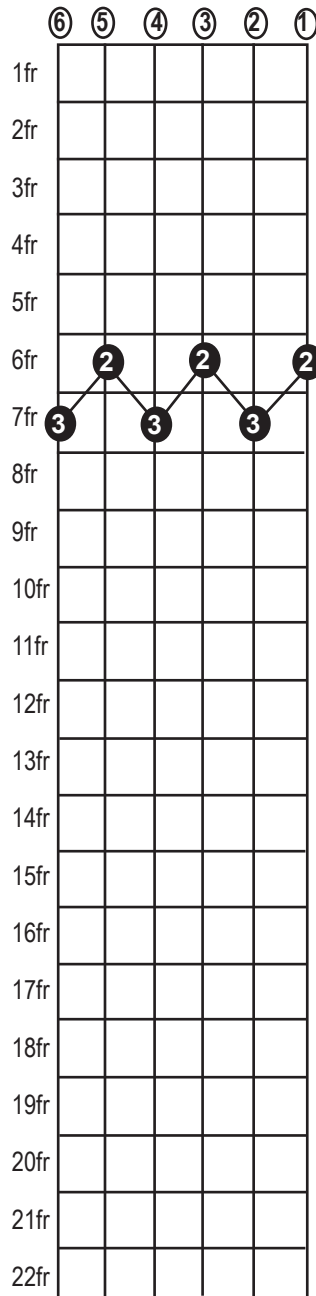
The Ladder Exercise - (P7)

___/___/___

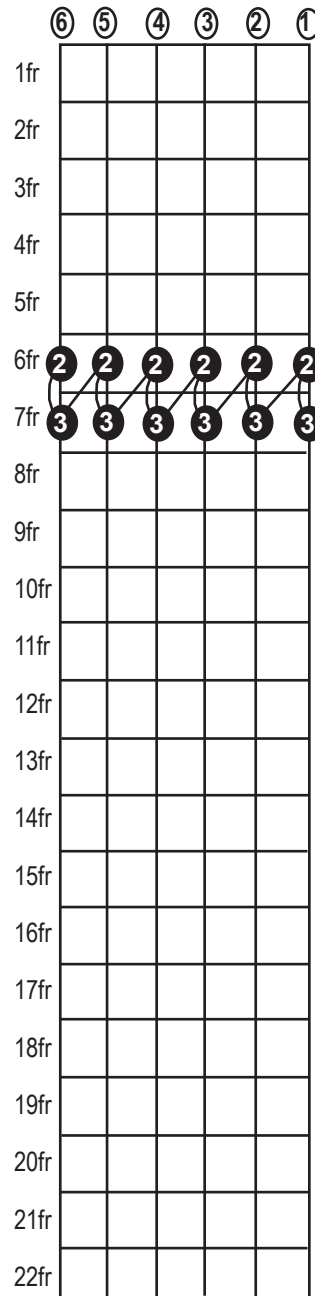
Ladder #21



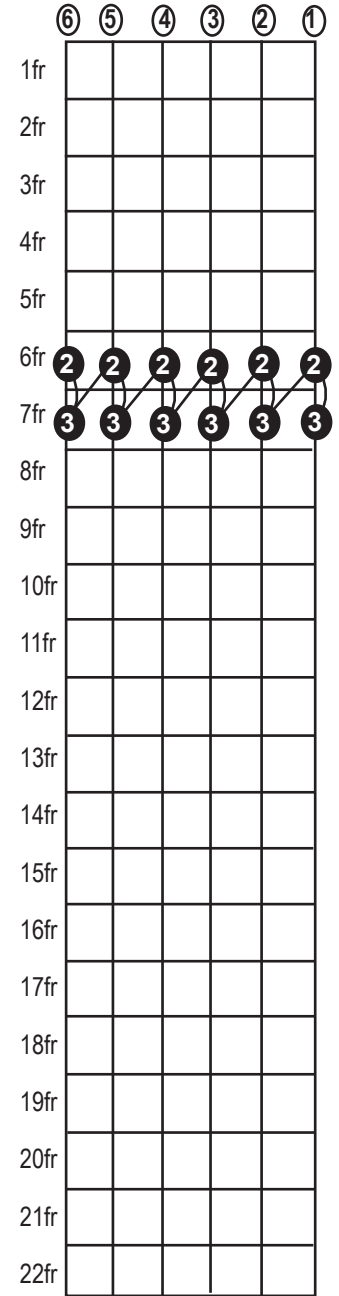
Ladder #22



Ladder #23



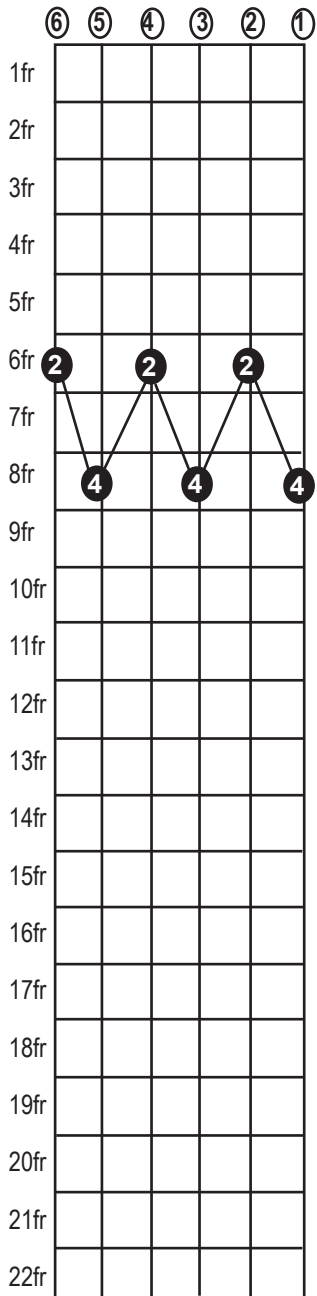
Ladder #24



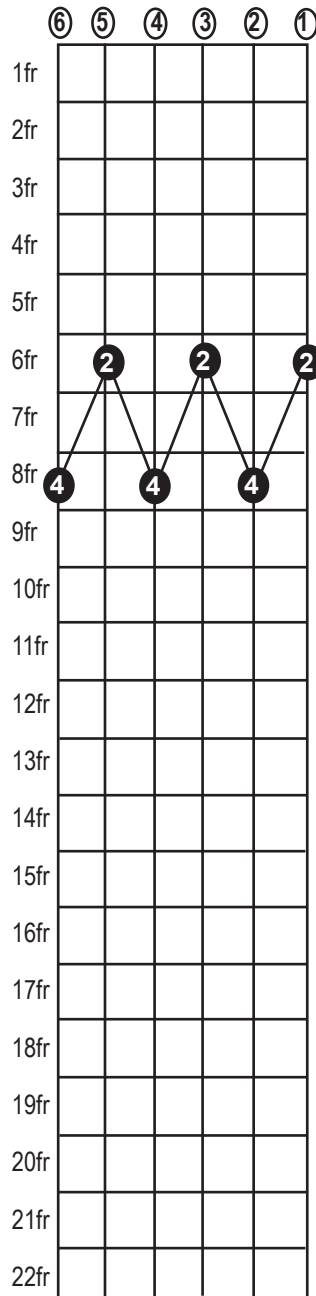
The Ladder Exercise - (P8)

___/___/___

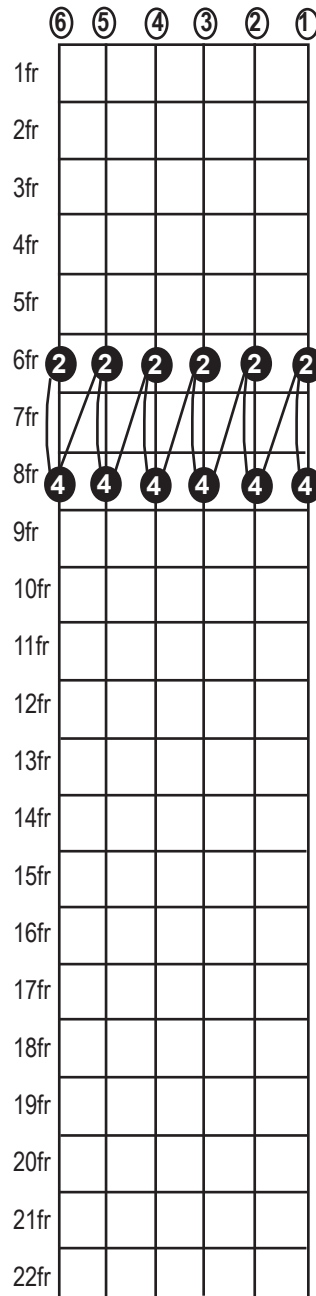
Ladder #25



Ladder #26



Ladder #27



Ladder #28

