

binary workout

by DAREBEE @ darebee.com



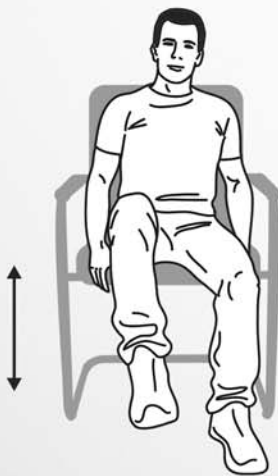
Draw a square with the extended finger of one hand.



Now draw a circle with the other.



Now do both.



Sitting down raise dominant knee up & down.



Kick the other leg back & forth.



Now do both.