

∩ = DOWN
∨ = UP

STUDY 6: PICKING

REPEAT EACH 4-8X
SLOW-MED-FAST

① All E DOWN

② Em ∩ ∩ ∩ ∩ ∩ ∨ ∨ ∨ ∨

③ A All DOWN

④ Am ∩ ∩ ∩ ∩ ∩ ∨ ∨ ∨ ∨

⑤ D All DOWN

⑥ Dm ∩ ∩ ∩ ∩ ∩ ∨ ∨ ∨ ∨

⑦ G All DOWN

⑧ G ∩ ∩ ∩ ∩ ∩ ∨ ∨ ∨ ∨

⑨ C All DOWN

⑩ C ∩ ∩ ∩ ∩ ∩ ∨ ∨ ∨ ∨

⑪ E All DOWN

⑫ A ∩ ∩ ∩ ∩ ∩ ∨

⑬ D All UP

⑭ Dm ∨ ∨ ∨ ∩