

Weekly Left Hand Exercises

Week #	Ex. 1	Ex. 2	Ex. 3	Credit
1	1-2	1-3	1-4	
2	2-1	3-1	4-1	
3	2-3	2-4	3-4	
4	3-2	4-2	4-3	
5	1-2-1	1-2-3	1-2-4	
6	1-3-1	1-3-2	1-3-4	
7	1-4-1	1-4-2	1-4-3	
8	2-1-2	2-1-3	2-1-4	
9	2-3-1	2-3-2	2-3-4	
10	2-4-1	2-4-2	2-4-3	
11	3-1-2	3-1-3	3-1-4	
12	3-2-1	3-2-3	3-2-4	
13	3-4-1	3-4-2	3-4-3	
14	4-1-2	4-1-3	4-1-4	
15	4-2-1	4-2-3	4-2-4	
16	4-3-1	4-3-2	4-3-4	
17	1-2-1-2	1-2-1-3	1-2-1-4	
18	1-2-3-1	1-2-3-2	1-2-3-4	
19	1-2-4-1	1-2-4-2	1-2-4-3	
20	1-3-1-2	1-3-1-3	1-3-1-4	
21	1-3-2-1	1-3-2-3	1-3-2-4	
22	1-3-4-1	1-3-4-2	1-3-4-3	
23	1-4-1-2	1-4-1-3	1-4-1-4	
24	1-4-2-1	1-4-2-3	1-4-2-4	
25	1-4-3-1	1-4-3-2	1-4-3-4	
26	2-1-2-1	2-1-2-3	2-1-2-4	
27	2-1-3-1	2-1-3-2	2-1-3-4	
28	2-1-4-1	2-1-4-2	2-1-4-3	
29	2-3-1-2	2-3-1-3	2-3-1-4	
30	2-3-2-1	2-3-2-3	2-3-2-4	
31	2-3-4-1	2-3-4-2	2-3-4-3	
32	2-4-1-2	2-4-1-3	2-4-1-4	
33	2-4-2-1	2-4-2-3	2-4-2-4	
34	2-4-3-1	2-4-3-2	2-4-3-4	
35	3-1-2-1	3-1-2-3	3-1-2-4	
36	3-1-3-1	3-1-3-2	3-1-3-4	
37	3-1-4-1	3-1-4-2	3-1-4-3	
38	3-2-1-2	3-2-1-3	3-2-1-4	
39	3-2-3-1	3-2-3-2	3-2-3-4	
40	3-2-4-1	3-2-4-2	3-2-4-3	
41	3-4-1-2	3-4-1-3	3-4-1-4	
42	3-4-2-1	3-4-2-3	3-4-2-4	
43	3-4-3-1	3-4-3-2	3-4-3-4	
44	4-1-2-1	4-1-2-3	4-1-2-4	
45	4-1-3-1	4-1-3-2	4-1-3-4	
46	4-1-4-1	4-1-4-2	4-1-4-3	
47	4-2-1-2	4-2-1-3	4-2-1-4	
48	4-2-3-1	4-2-3-2	4-2-3-4	
49	4-2-4-1	4-2-4-2	4-2-4-3	
50	4-3-1-2	4-3-1-3	4-3-1-4	
51	4-3-2-1	4-3-2-3	4-3-2-4	
52	4-3-4-1	4-3-4-2	4-3-4-3	