

THE LONDON HIGHLAND CLUB'S FAREWELL 4x32 R TO FETTER LANE

Progressive Grand Chain

1 4 ①-② ③-④

X_R

X_L

①-② ③-④

② ①-④ ③

X_R

② ①-④ ③

②-④ ①-③

X_L

②-④ ①-③



1 2x 3x 4x 1 2x 3x 4x

S



X_R



RA



LA

1x

T_R 1
elbow
grip

1x ①-④

X_R **X_L**

①-④