

MILLQUARTER

4x32 S

1: T_B X_R
 2: T_B
 3:
 4:

4
 T_B X_R
 T_B

① ②-③ ④
 ① ②-③ ④
CHAIN
 3 changes

③ ④ ① ②
 ③ ④ ① ②
 8

② ① ④ ③
 ② ① ④ ③
 X_L
 ① ② ③ ④
 ① ② ③ ④
 8 2 places

③ ④-④ ③
 ③ ④ ④ ②
 X_L
 ③ ④ ④ ②
 ③ ① ① ③
 8 2 places

4 2x 3 1x
 RL
 2 4x 1 3x
 T_B X_R T_B X_R

4 1 3
 6
 3x 1x 4x
 X_R 4
 to 2 3 4 1