

Hand/Foot-Coordination Exercise

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The image displays a hand/foot coordination exercise in 4/4 time, consisting of four measures. Each measure contains a sequence of eighth notes, with the first four notes of each measure marked with an accent (>). The notes are grouped into two sets of four, with a green bracket labeled 'L' under the first set and a red bracket labeled 'R' under the second set. The exercise is presented on four staves, numbered 1 through 4. The first staff is in 4/4 time, and the subsequent staves are numbered 2, 3, and 4. The notation is consistent across all staves, showing a steady rhythm of eighth notes.