

# PDQB Level 2 Monotone Exercises

## Exercise 1

1 2 1 & 2 & 1 & 2 1 2 &

Video Link demonstrating Exercise 1 – <https://youtu.be/Xc8PLosKU0s>

## Exercise 2

1 & Rest 1 a 2 1 & 2 a 1 2

Video Link demonstrating Exercise 2 – <https://youtu.be/TSiVZNJ5TiY>

## Exercise 3

1 2 3 1 & 2 3 & 1 & 2 & 3 1 & 2 3

Video Link demonstrating Exercise 3 – [https://youtu.be/xUSjhOSJ\\_Ag](https://youtu.be/xUSjhOSJ_Ag)

## Exercise 4

1 a 2 3 & 1 Rest 3 a 1 2 3 a 1 2 & 3

Video Link demonstrating Exercise 4 – <https://youtu.be/wib9-GIRo68>

## Exercise 5

1 2 3 & 4 1 & 2 & 3 4 1 & 2 & 3 & 4 1 2 3 & 4

Video Link demonstrating Exercise 5 – [https://youtu.be/-6rU0\\_uuysU](https://youtu.be/-6rU0_uuysU)

## Exercise 6

1 2 & 3 a 4 1 a 2 & 3 & 4 1 & 2 Rest 4 1 & 2 3 a 4

Video Link demonstrating Exercise 6 – <https://youtu.be/x0IMtrzQNkA>