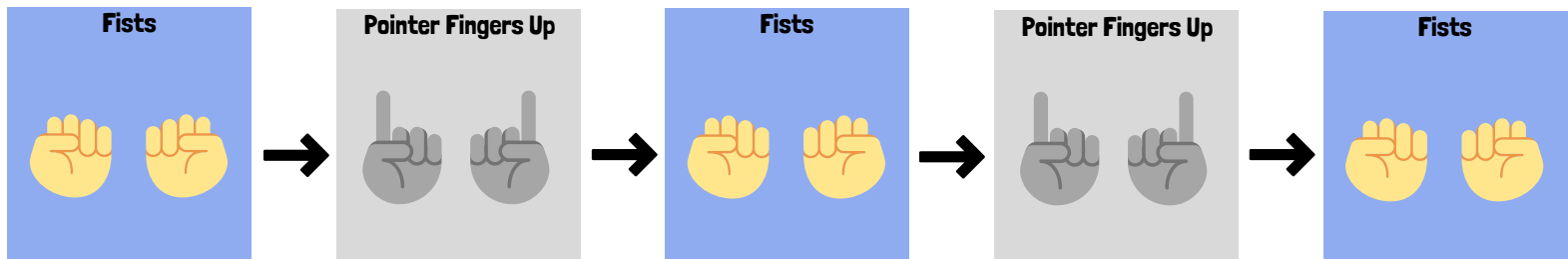


HAND EXERCISES

Follow the visual and written instructions for each exercise to improve hand strength and coordination.

Exercise 1



Exercise 2



Exercise 3

