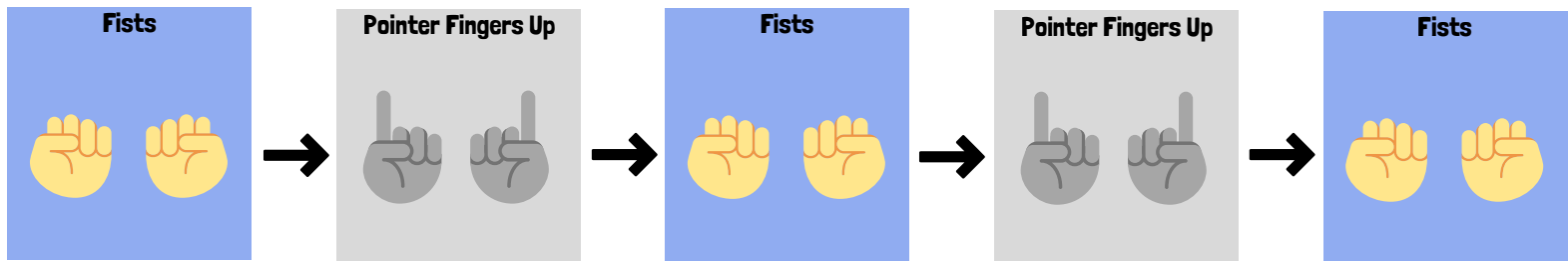


# HAND EXERCISES

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

## Exercise 1



## Exercise 2



## Exercise 3

