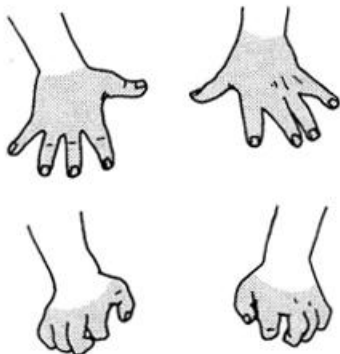


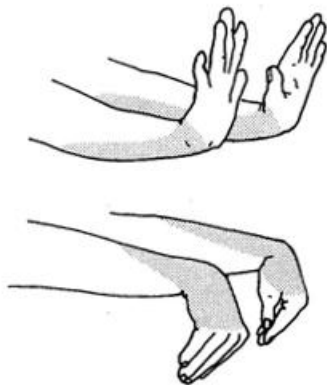
- Separate and straighten your fingers until the tension of a stretch is felt
- Hold 10 seconds
- Relax, then bend fingers at the knuckles and hold 10 seconds
- Repeat the first stretch once more

**Stretches hands, fingers, and wrists**



- With arms extended, palms down, bend your wrists and raise your fingertips
- Hold 10 seconds
- Now bend your wrists back in the opposite direction, fingers pointing down
- Hold 10 seconds

**Stretches wrists and lower arms**



- Interlace your fingers in front of you
- Rotate your hands and wrists clockwise 10 times
- Repeat counterclockwise 10 times

**Stretches wrists**

