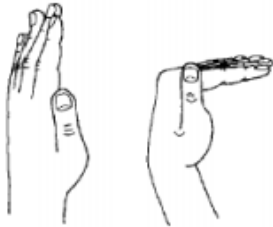


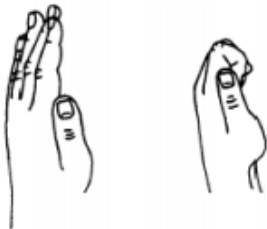


Six Pack Active Hand Exercises

** Perform 3 times a day doing each exercise 10 times **



- 1) **Imaginary Tabletop.** Make a tabletop with your fingers by keeping your wrists and your fingers straight. Bend only at the knuckles.



- 2) **Knuckle Bend.** Keep your knuckles and wrist straight. Bend and straighten your fingers.



- 3) **Make a Fist.** Make a fist, being sure each joint is bending as much as possible.

- 4) Straighten your fingers as much as possible



- 5) **Make "O's".** Make an "O" by touching your thumb to your fingertips, one at a time. Open your hand wide after touching each finger.



- 6) **Table Spread.** Rest your hand on the table with the palm down. Spread your fingers wide apart and bring them together again.