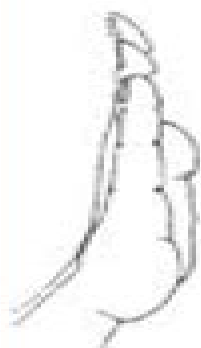


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1

Neutral



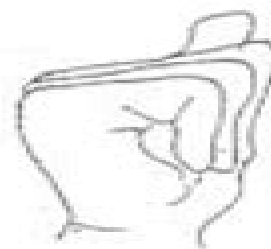
2

Claw/hook fist



3

Tabletop/duck bill



4

Flat fist



5

Full fist

- *Heat for 15 minutes prior to all exercises*

Start at exercise one and perform each of the five exercises and repeat, starting back at exercise one

Perform ____ repetitions ____ times a day

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