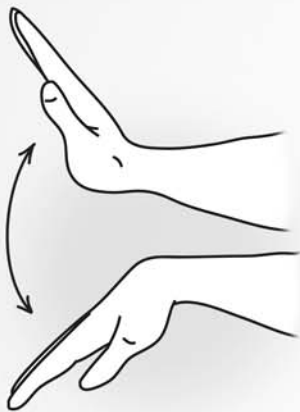


hand mobility

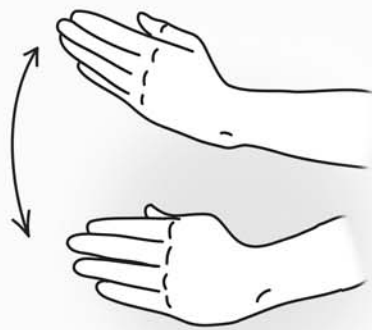
DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.

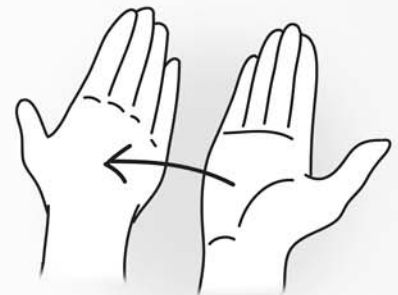
Repeat every couple of hours.



up & down stretch



up & down side stretch



rotations



arrow - into - **table top** - into - **straight fist** - into - **claw** - into - **fist**