

hand tendons

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise.

Repeat every couple of hours.



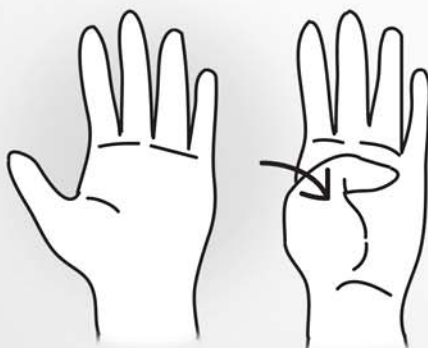
wide spread



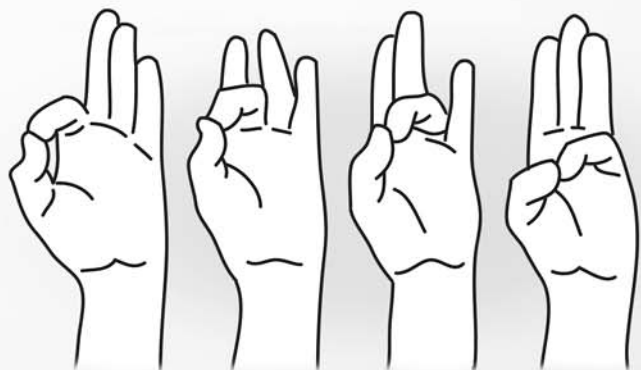
claw



finger lifts



thumb fold



thumb to finger touch