

HAND WARM UP EXERCISES



Watch the video here <https://youtu.be/BSeVKd6IziM>



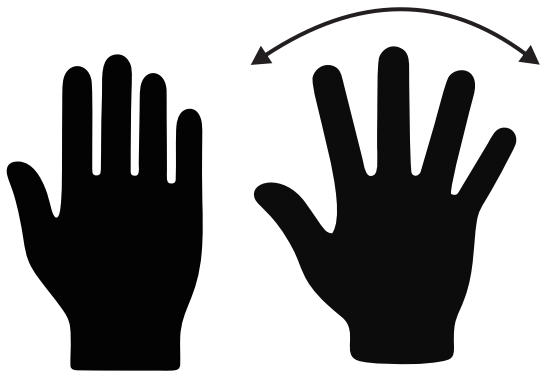
Close and
open hands



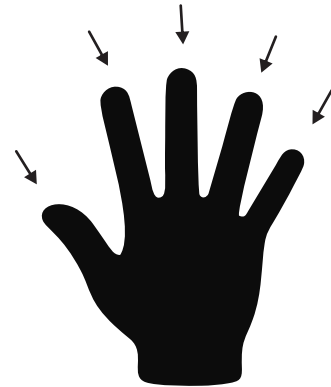
Thumb
across palm



Okay sign



Spread fingers apart



Lift up one
finger at a time



Peace sign



Touch the thumb
to the tip of
each finger



Make a circle

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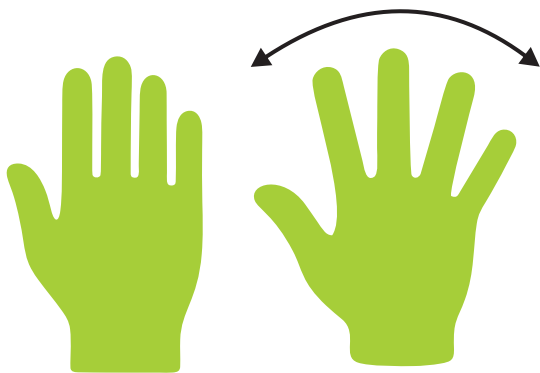
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