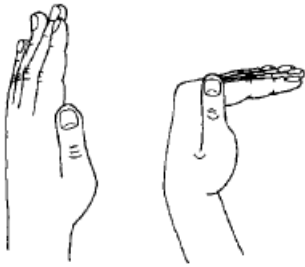
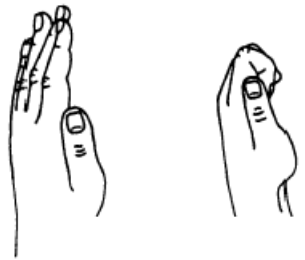


# Six Pack Active Hand Exercises

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

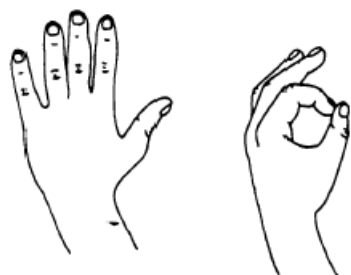


- 2) **Knuckle Bend.** Keep your knuckles and wrist straight. Bend and straighten your fingers.

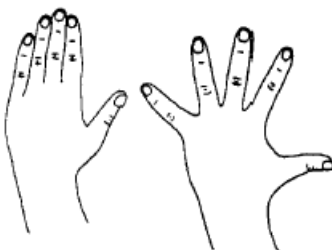


- 3) **Make a Fist.** Make a fist, being sure each joint is bending as much as possible.

- 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.