

# FINGER FLEXIBILITY

## 1 and 3, UNDER AND OVER

*r.h.*

1 ① 2 ① ③ ① 2 ① ③ ① 2 4 ③ ① ③ 2 ③ ① ③ 2 ③ ① ③ 2

① ① ③ ① ① ③ ① ③ ① ③ ③ ① ③ ③ ① ③

## 3 and 1, OVER AND UNDER

*l.h.*

5 ③ ① 2 ③ ① ③ 2 1 ① 2 ③ ① ③ ①

③ ① ③ ① ③ ① ③ ① ③ ①

PRACTICE THE ABOVE EXERCISES AT LEAST 5 TIMES DAILY.