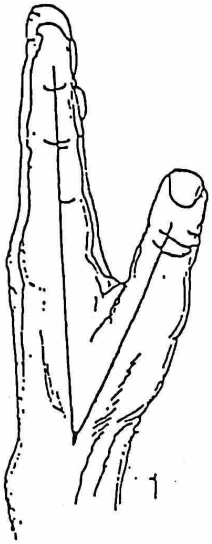


"Six - Pack" Exercises



Arrow

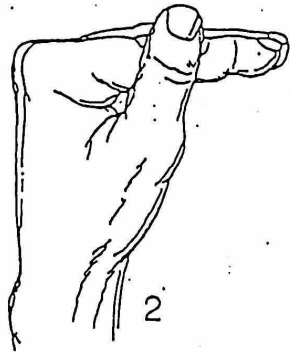
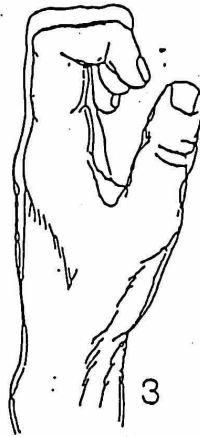
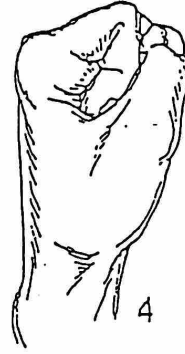


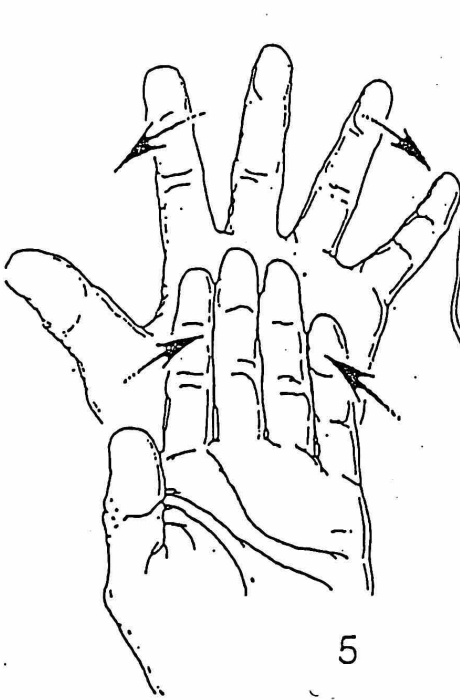
Table-top



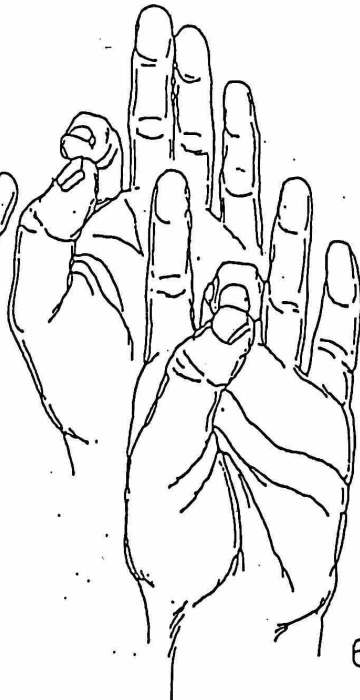
Claw



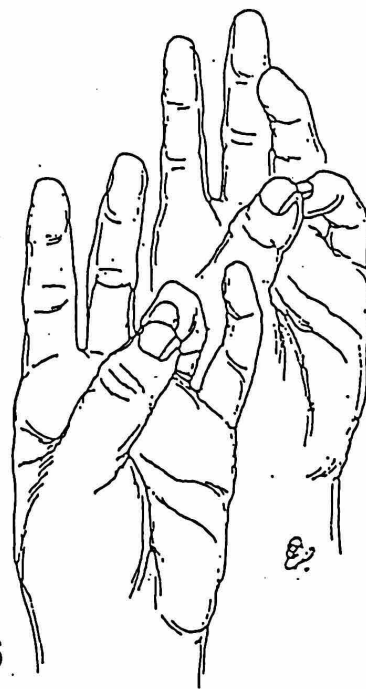
Fist



In-and-Out



Thumb-to-Tip



Slide thumb
down
small finger.

Perform exercises _____ times. HOLD each repetition for 5 seconds.
Do _____ sessions/ day.