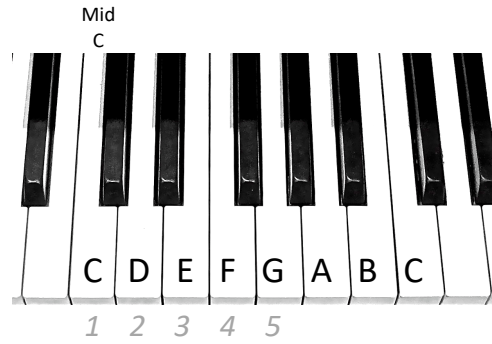
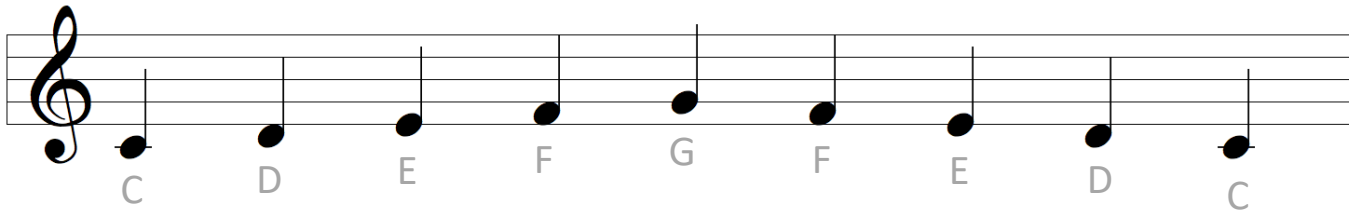


# RIGHT HAND EXERCISES

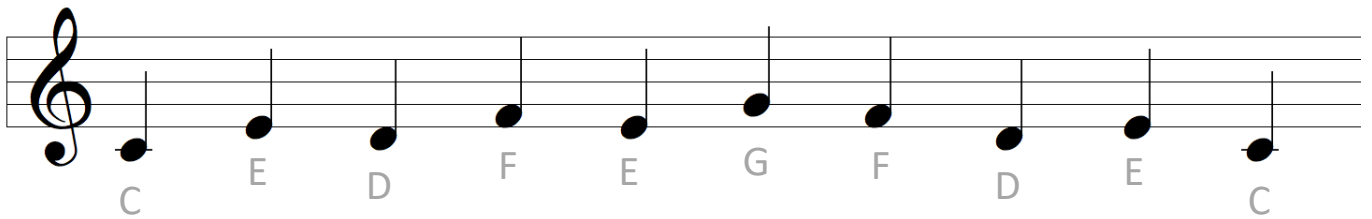


*Play 5x each day*

## STEPPING



## SKIPPING



## RANDOM

