

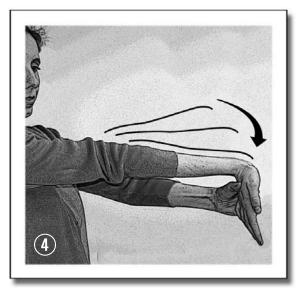
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PALM-UP STRETCHING









PERFORM STRETCHING EXERCISE AFTER WARM-UP IN SHOWER, REPEAT 5 TIMES.

EXERCISE IS DONE SLOWLY AND WITH GENTLY APPLIED FORCE.

HOLD EACH STRETCH FOR 5 SECONDS, THEN SHAKE HAND BEFORE DOING NEXT REPEAT.