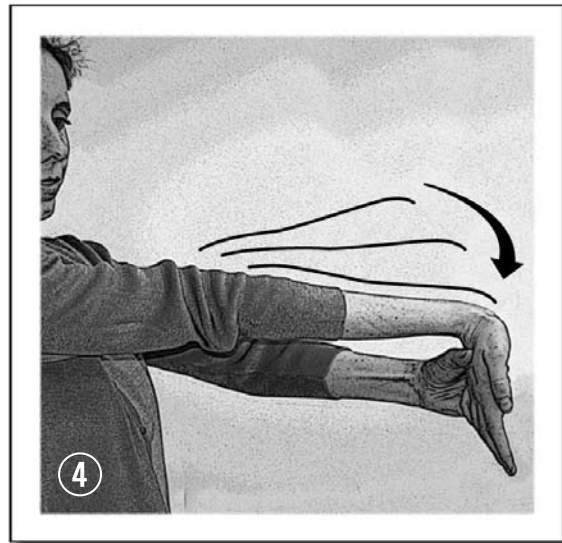
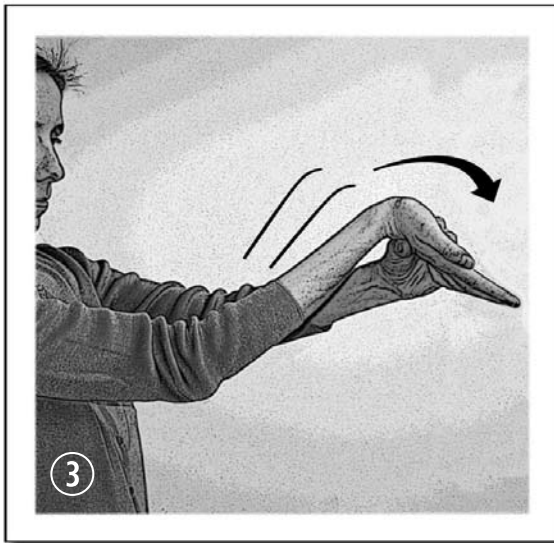
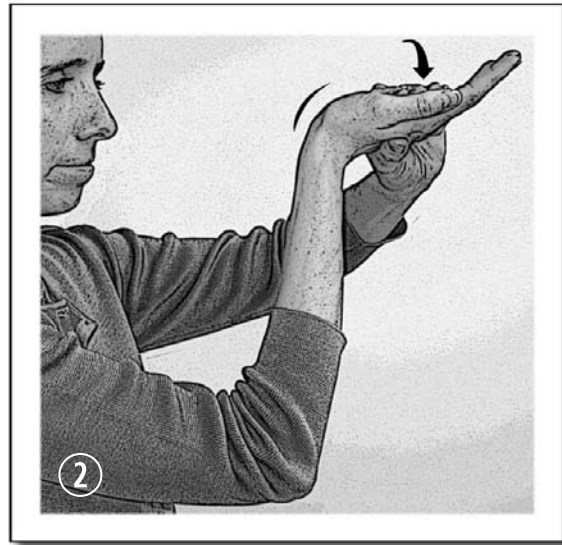
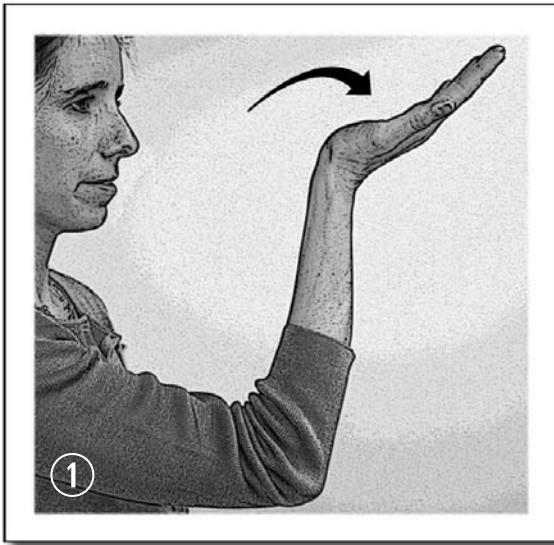




## PALM-UP STRETCHING



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.