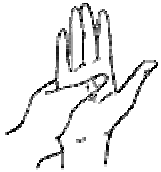


# Simple Exercises for Hands that Craft

## The 5-5-5 Workout

### 5 Exercises in 5 Minutes for 5 Fingers

Limber up before you begin your crafting session with these brief exercises that are meant to stretch muscles and tendons; they are not an aerobic workout for the hands. Please be gentle. Wear the Handeze® Glove while performing these simple exercises. The body heat generated from the exercises will increase the beneficial effects of the glove.



#### ① Hand Massage

With the thumb of the left hand, massage the palm of the right hand. At the same time, wrap the fingers of the left hand around the outside of the right hand and massage. Massage for one minute. Repeat with opposite hands.



#### ② Clench and Fan

Clench your hand into a tight fist and hold for five seconds. Release smoothly, extending the thumb and fingers into a fully stretched position and hold for five seconds. Repeat five times for each hand.



#### ③ Thumb Stretch

With the left hand, gently pull the thumb of the right hand away from the thumb and down toward the forearm. Hold for five seconds. You should feel the stretch in the base of the thumb, palm side. Repeat for the left thumb. Five repetitions, alternate thumbs.



#### ④ Wrist Stretch

Hold the right hand in front of the body, palm facing out, fingertips up, fingers together. With the left hand, grasp the right hand's outstretched fingers and gently pull the fingers back toward the body. Hold for five seconds. You should feel the stretch in the wrist area. Repeat for the left wrist. Five repetitions, alternate wrists.



#### ⑤ Wrist Circles

With hands in front of the body and elbows held at a comfortable angle, gently rotate the wrists. Five repetitions in each direction. Good work! Now you're ready to Craft in Comfort!



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