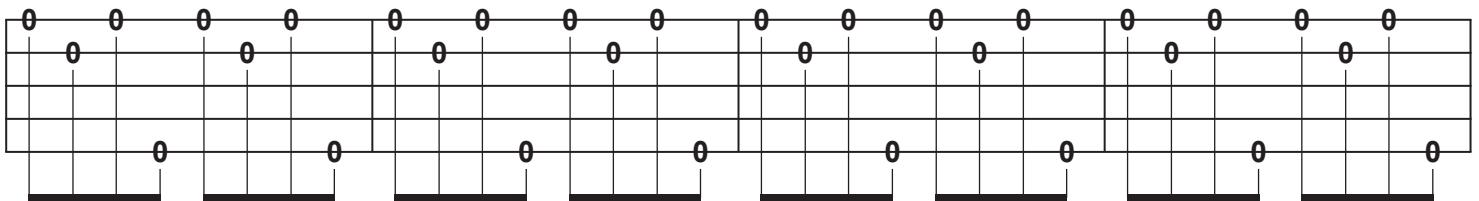


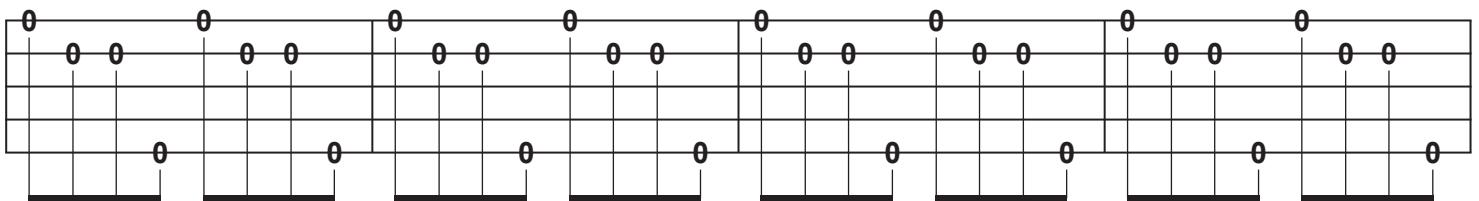
# Drop Thumb Exercise

## Variations #1

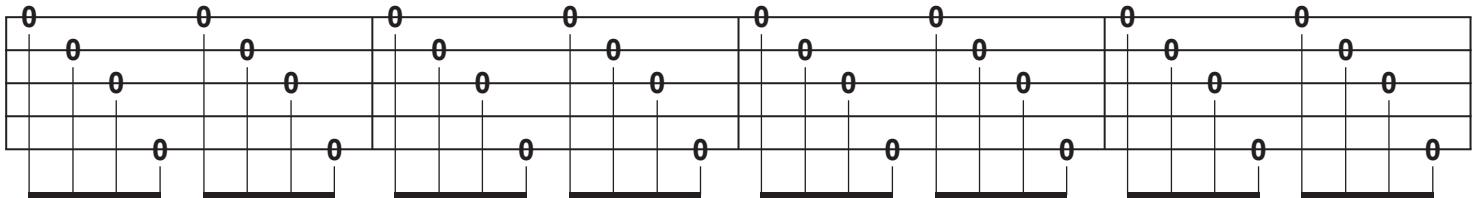
#1



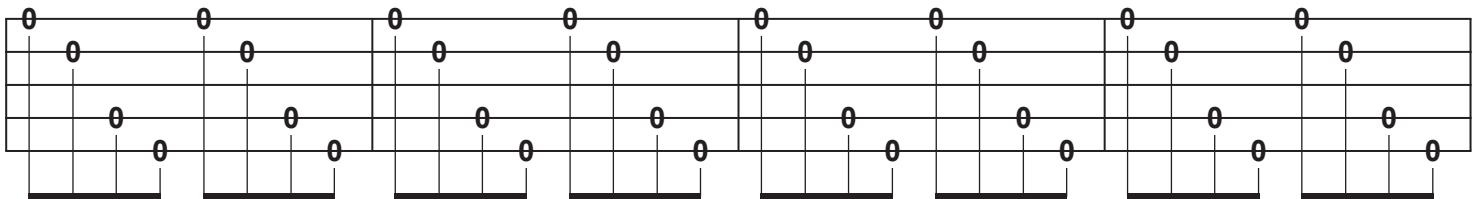
#2



#3



#4



#5

