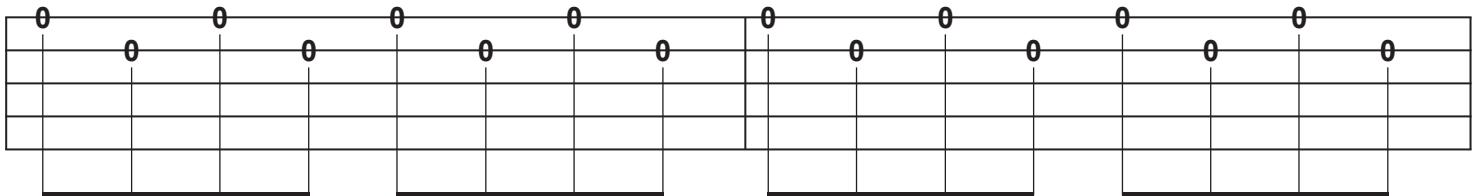
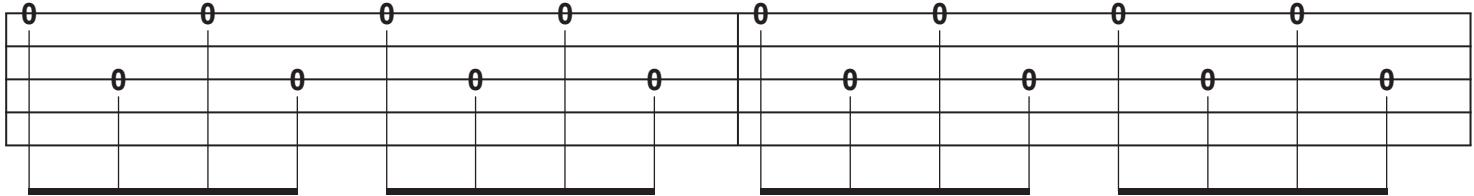


Double Thumb Exercise

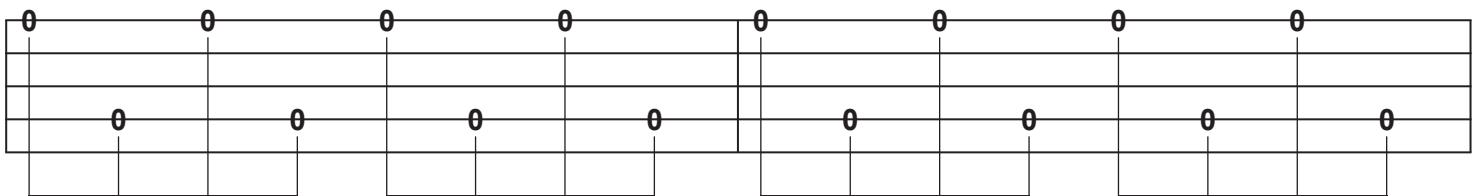
#1



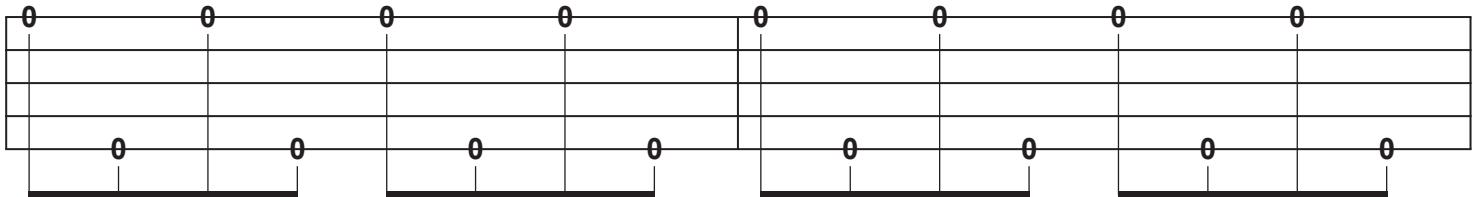
#2



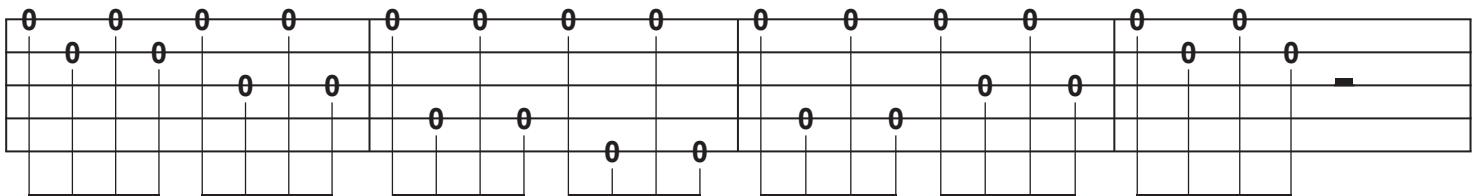
#3



#4



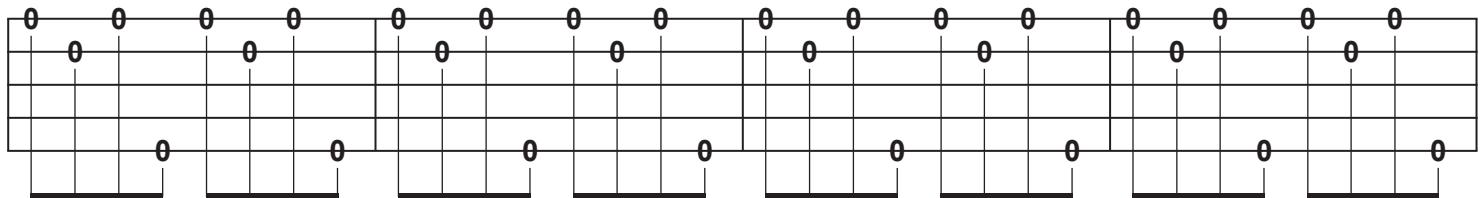
#5



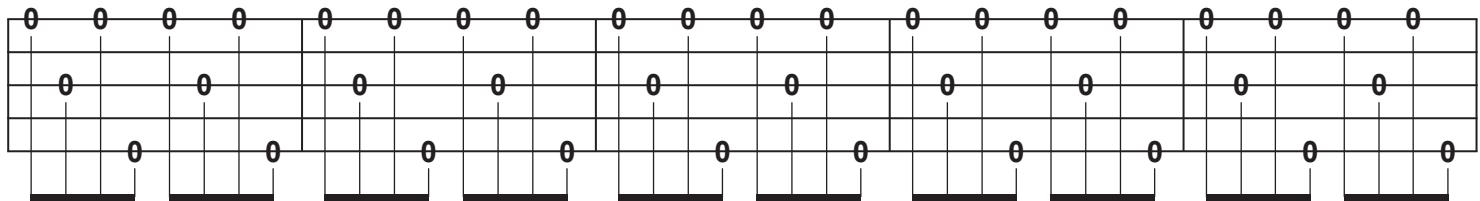
2

Drop Thumb Exercise

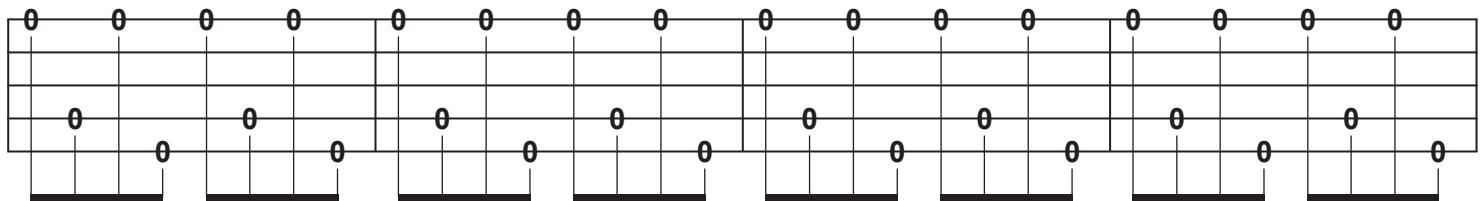
#1



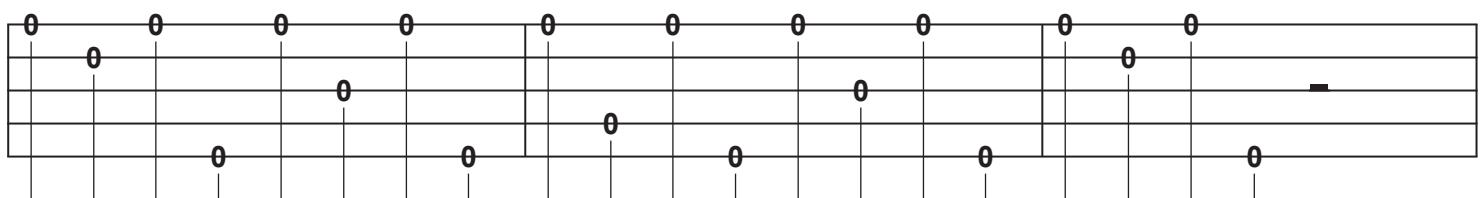
#2



#3

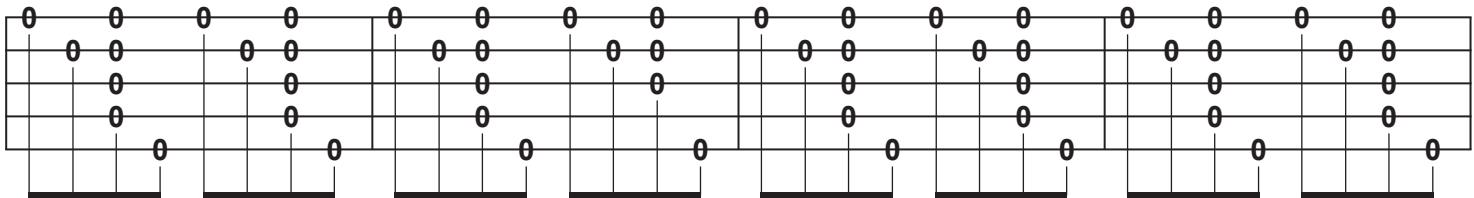


#4

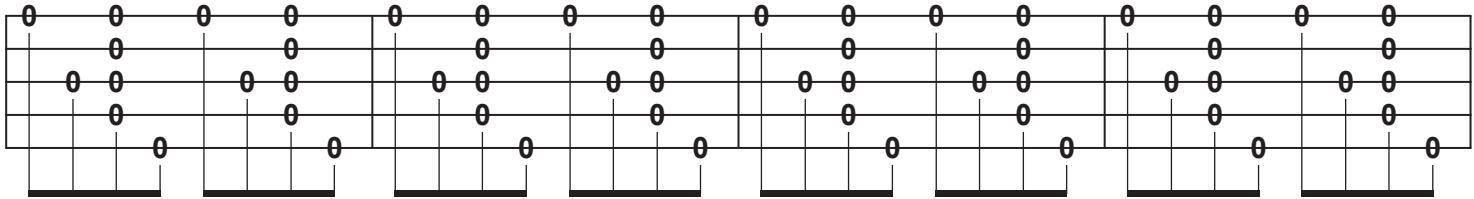


Drop Thumb Exercise with Brush Stroke

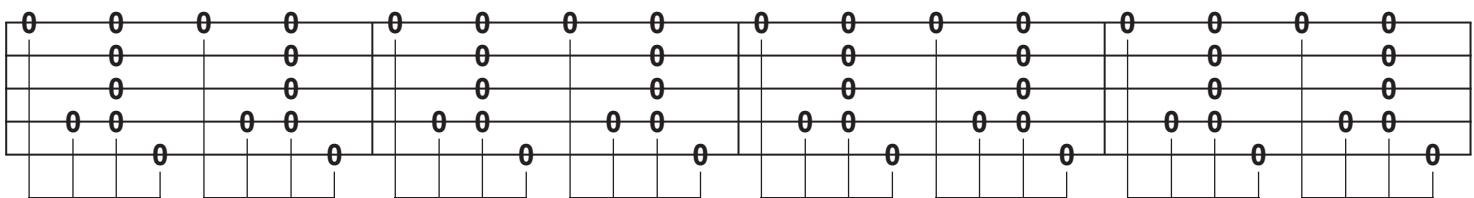
#1



#2



#3



#4

