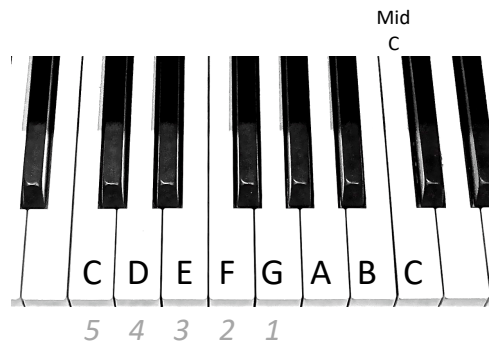
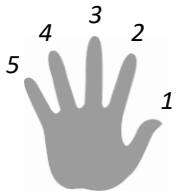
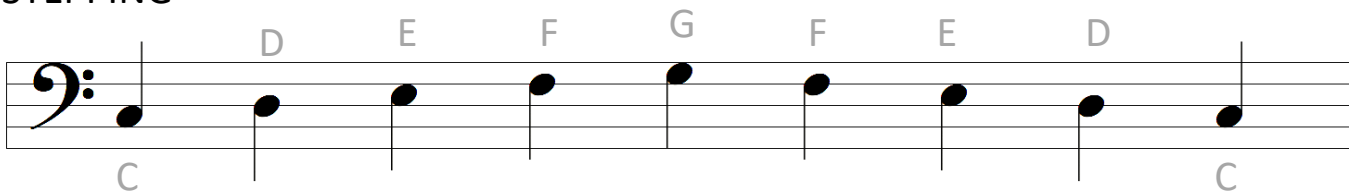


LEFT HAND EXERCISES

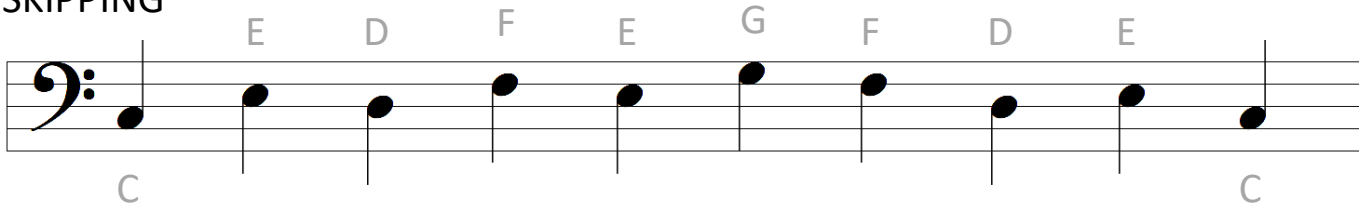


Play 5x each day

STEPPING



SKIPPING



RANDOM

