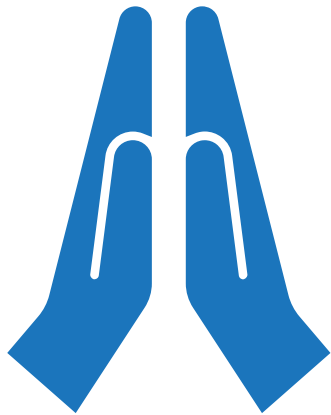


Push, Pull, Squeeze



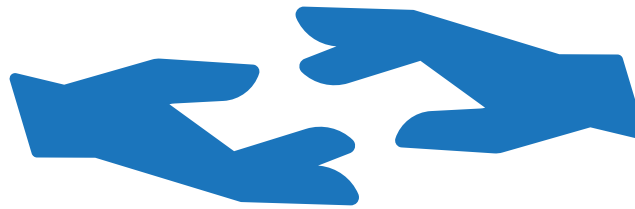
Push for
5 seconds



With open palms, push both hands together as hard as you comfortably can. Hold this position as you count to 5 slowly aloud. Release your hands and move to the next step.



Pull for
5 seconds



Grip your fingers together with one hand on top of the other. Pull as if you are trying to separate your hands, but do not let go. Hold this position as you count to 5 slowly aloud. Release your hands and move to the next step.



Squeeze for
5 seconds



Squeeze both hands together as hard as you comfortably can. Hold this position as you count to 5 slowly aloud. Release your hands and move to the next step.

Repeat this sequence 2 or 3 times.