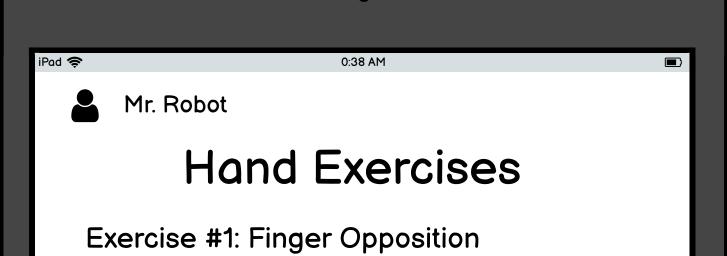




**⇔** Bonus

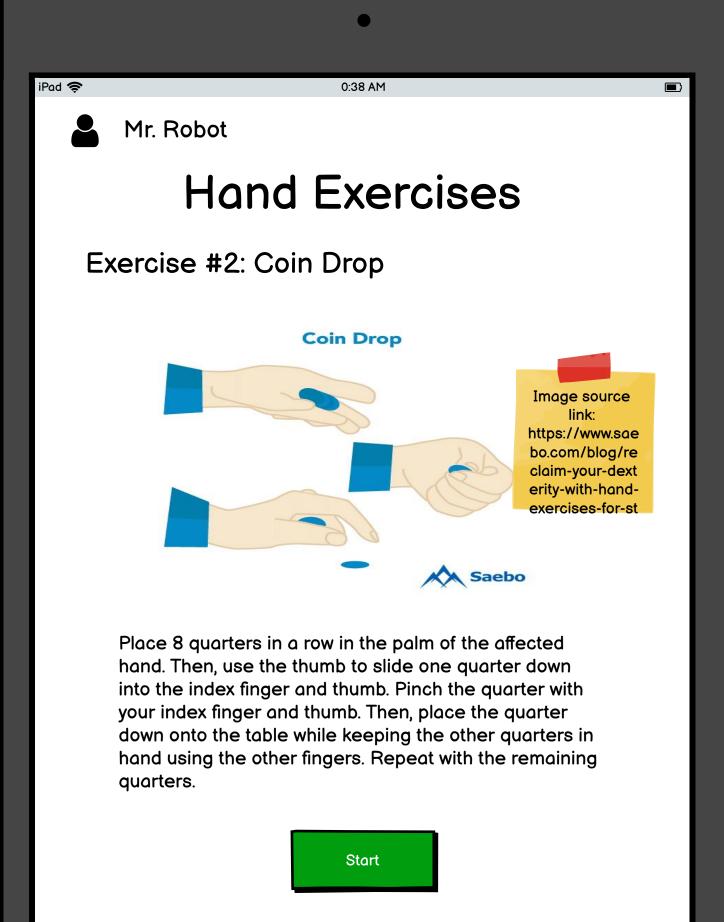


# Finger Opposition Image source link: https://www.sae bo.com/blog/re claim-your-dext erity-with-hand-exercises-for-st

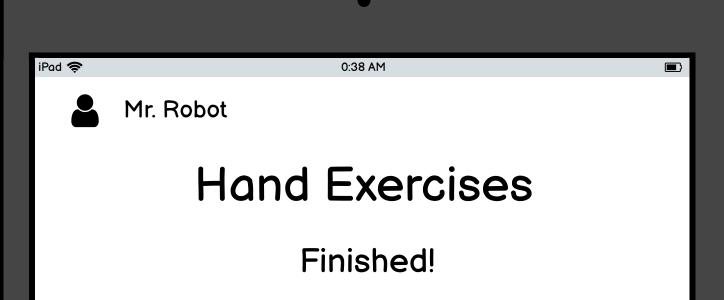
Bend the affected arm, placing the elbow on the table. Bring the tip of the index finger to the tip of the thumb to make a ring. Pinch, and release. Repeat with your middle, ring, and pinkie finger. Pinch, and release. Perform with each finger, for two sets.

Start









Time spent: 2 mins

No. of exercise complete: 2

**Congrats** on completing the hand exercises. Hope that you enjoyed it.

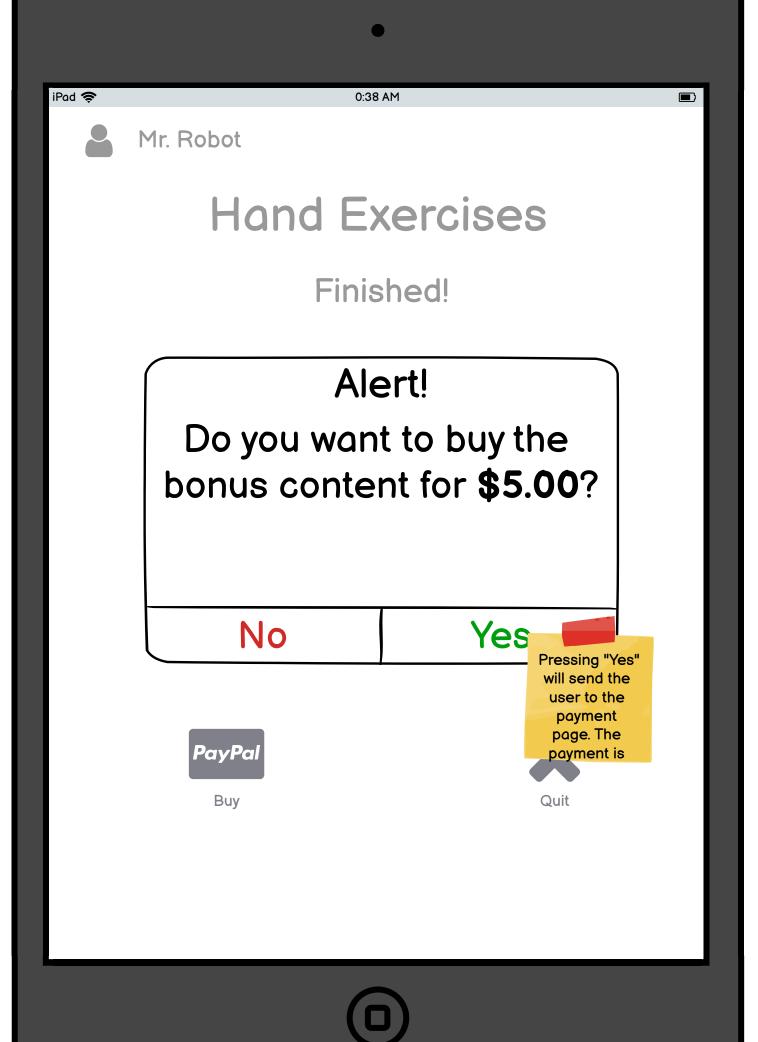
This was a *Trial version* of the bonus content. Buy the bonus content for **\$5.00** and unlock more exercises and contents.

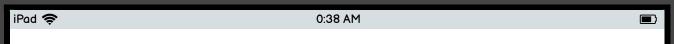


Buy











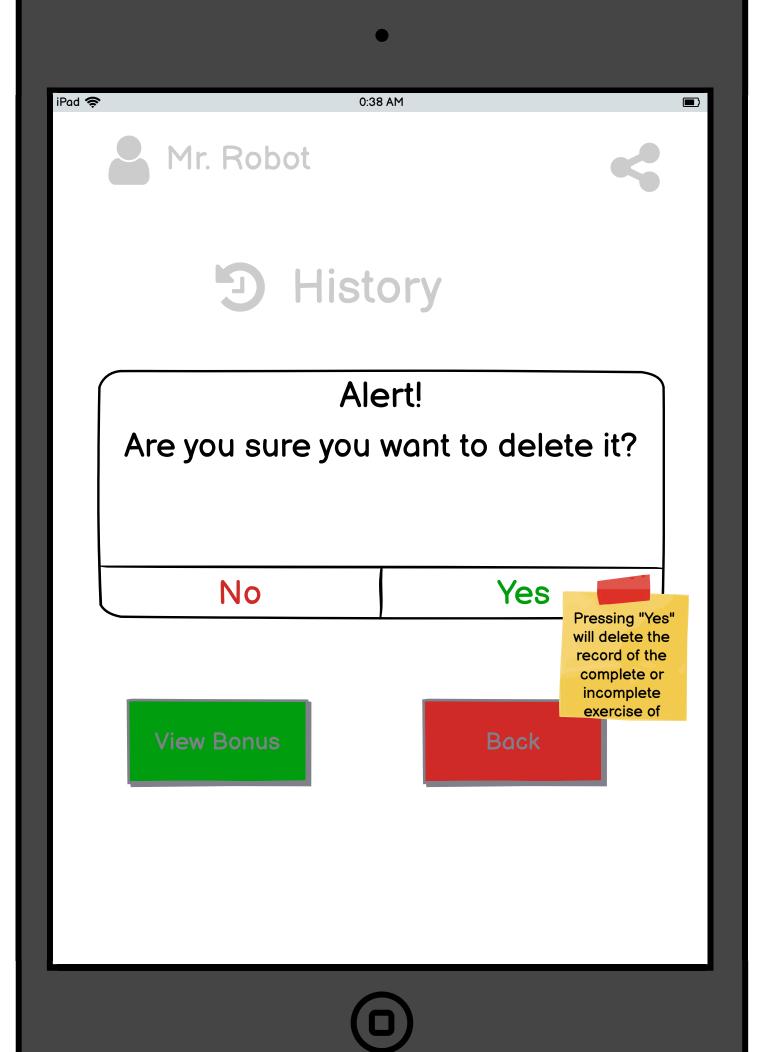


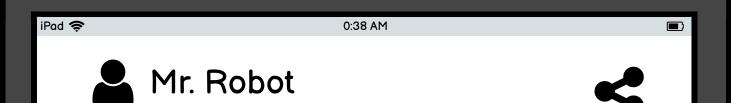
## History

Attempt	Start time	End Time	Button pressed	Status 🔺	Action ▼
1	0:00	0:24s	9	complete	Û
2	0:00	0:48s	12	complete	Û
3	0:00	0:50s	15	incomplete	Û

View Bonus

Back



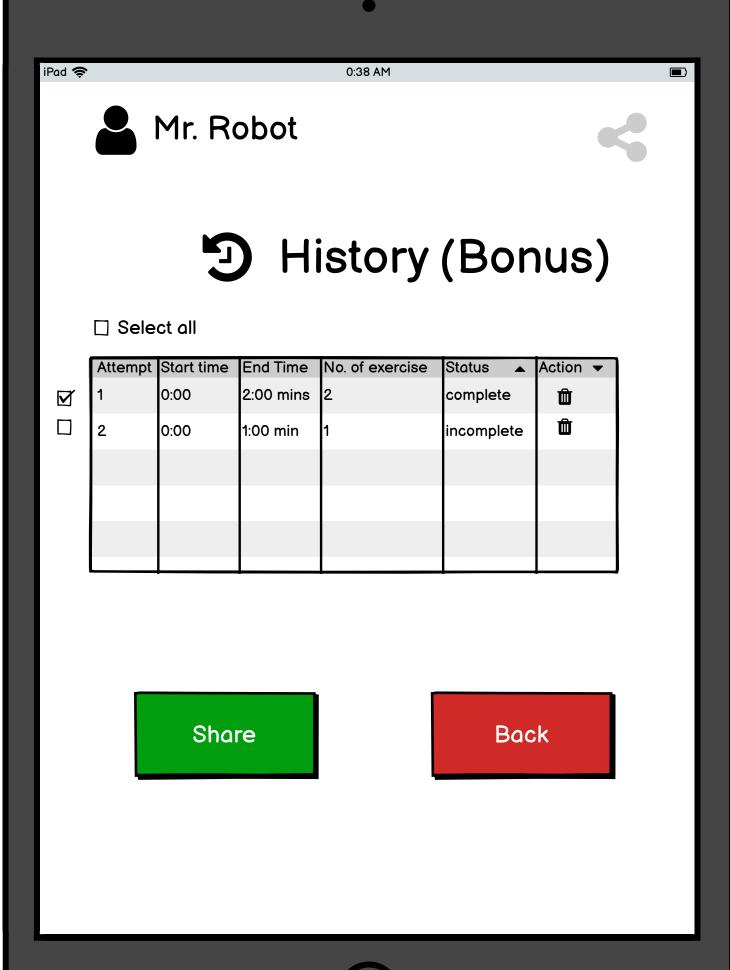


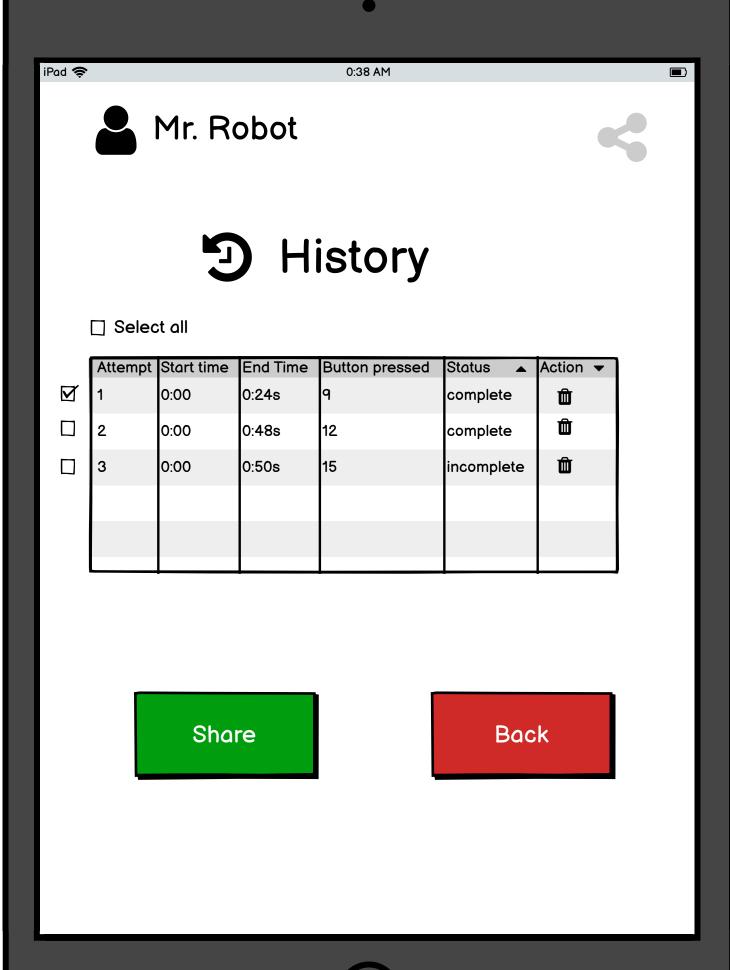
# Bonus History

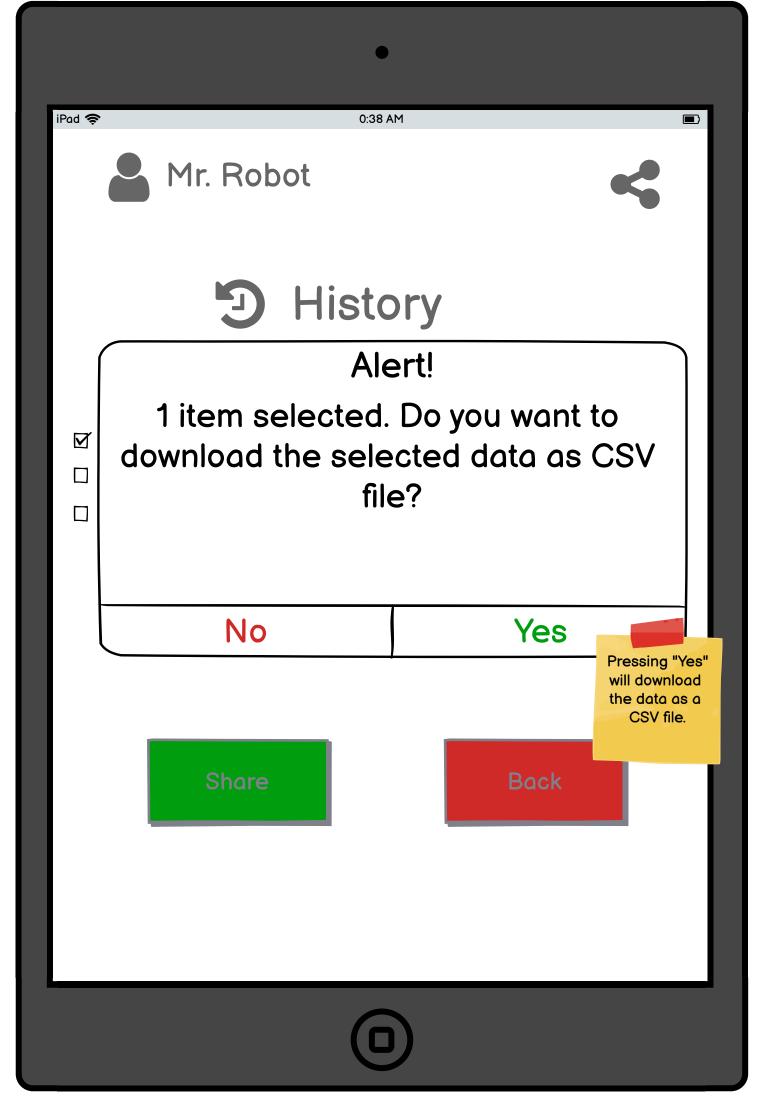
Attempt	Start time	End Time	No. of exercise	Status 🔺	Action ▼
1	0:00	2:00 mins	2	complete	Û
2	0:00	1:00 min	1	incomplete	Û

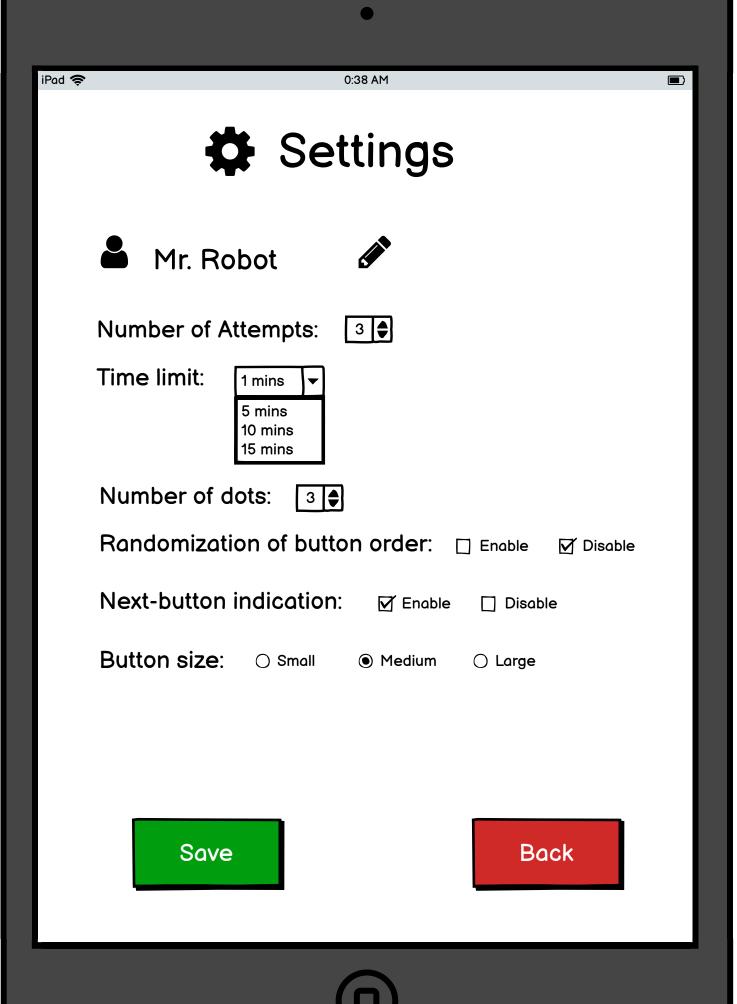
Back

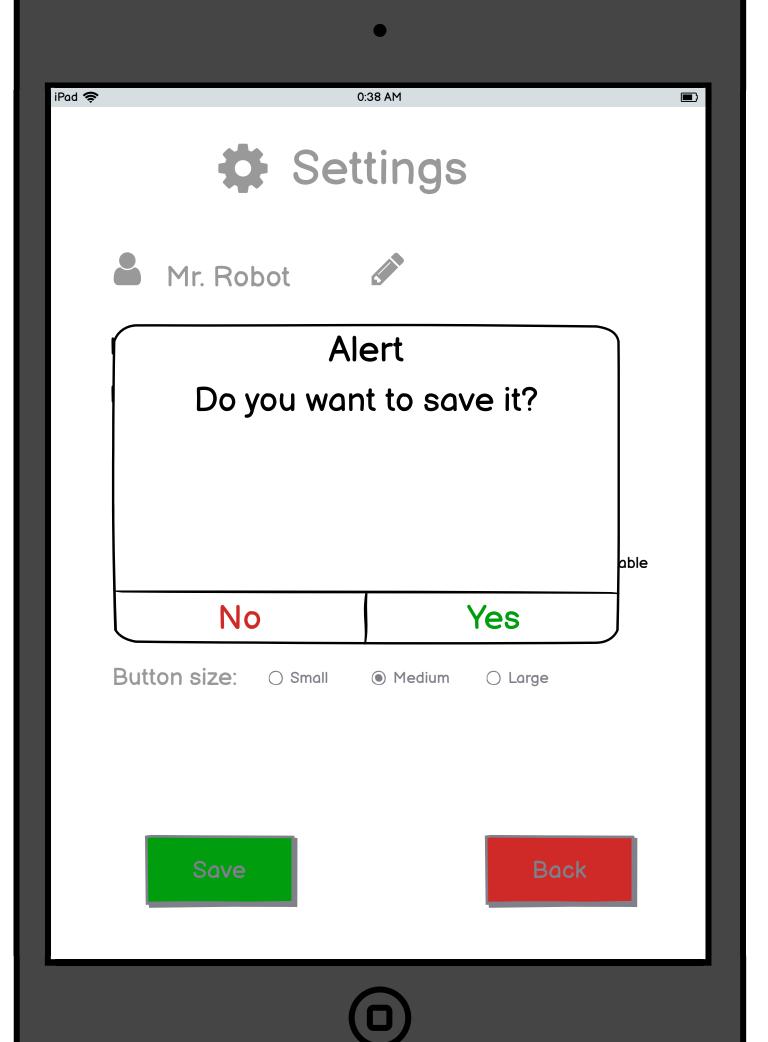
Exit





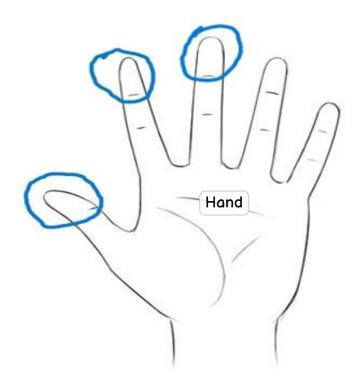






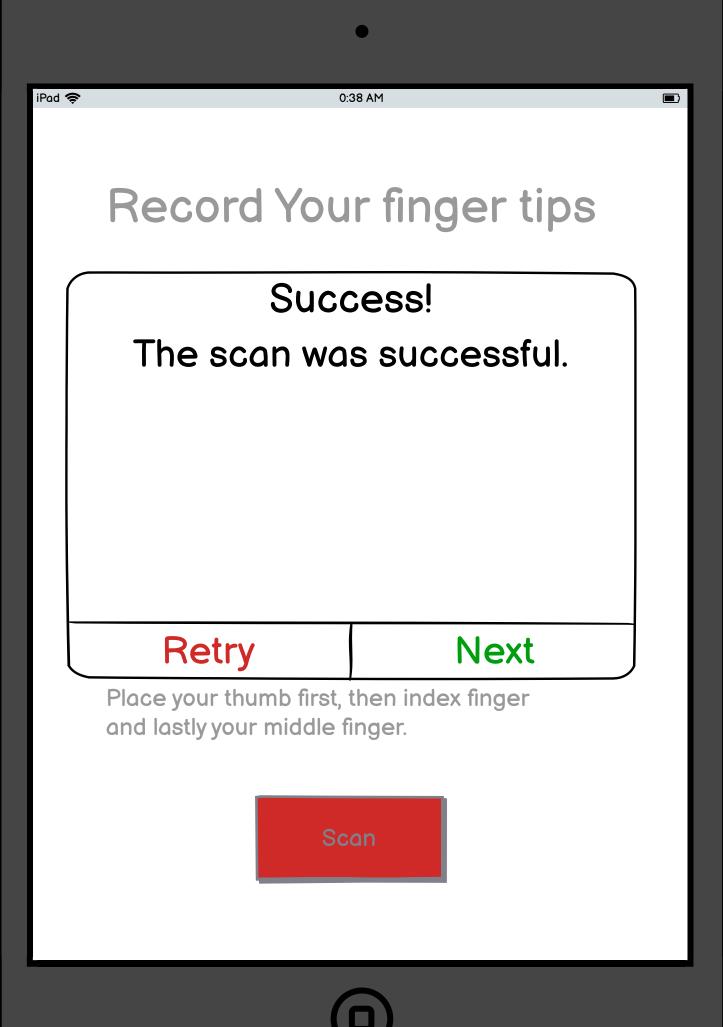


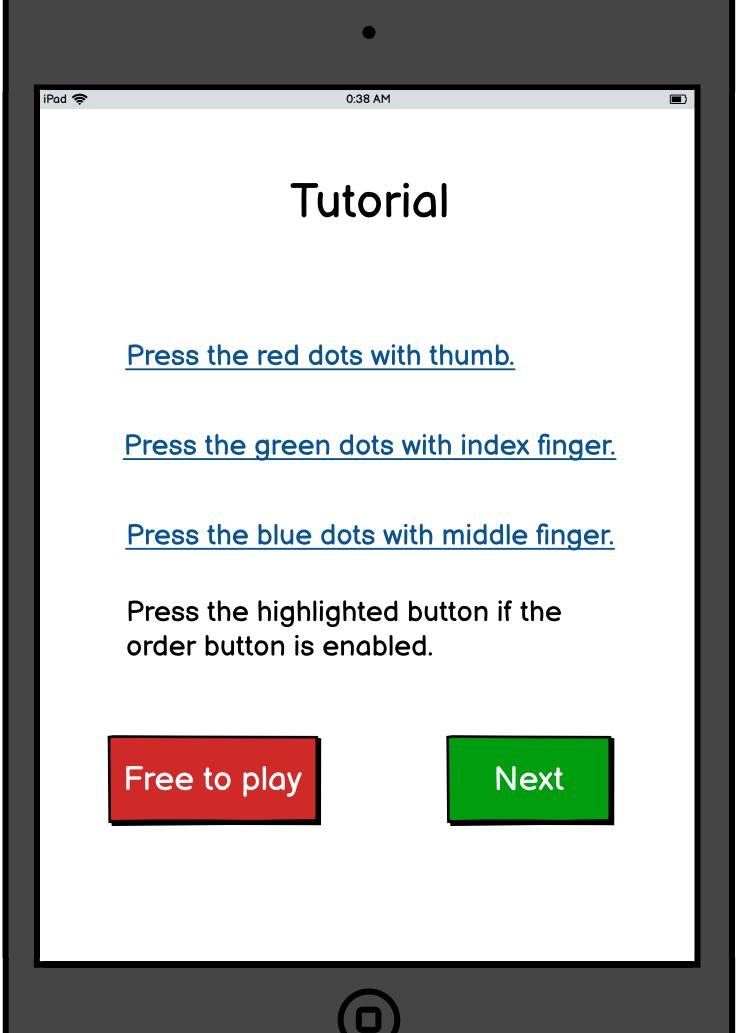
### Record Your finger tips

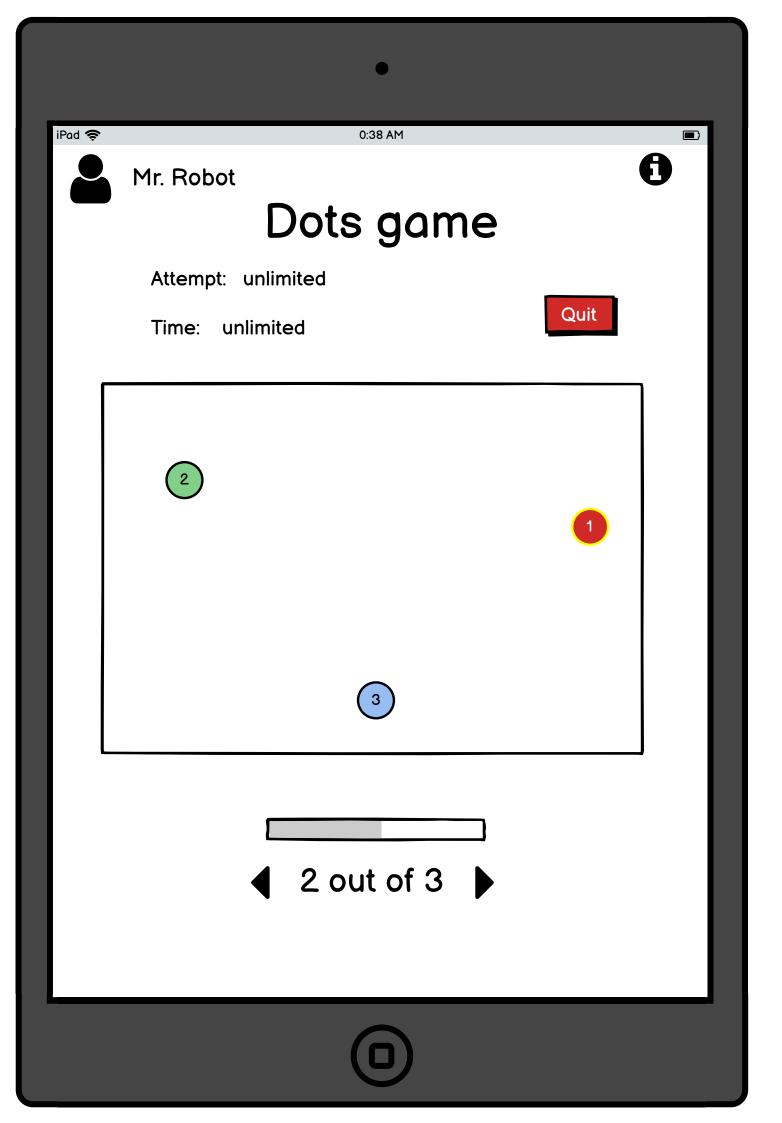


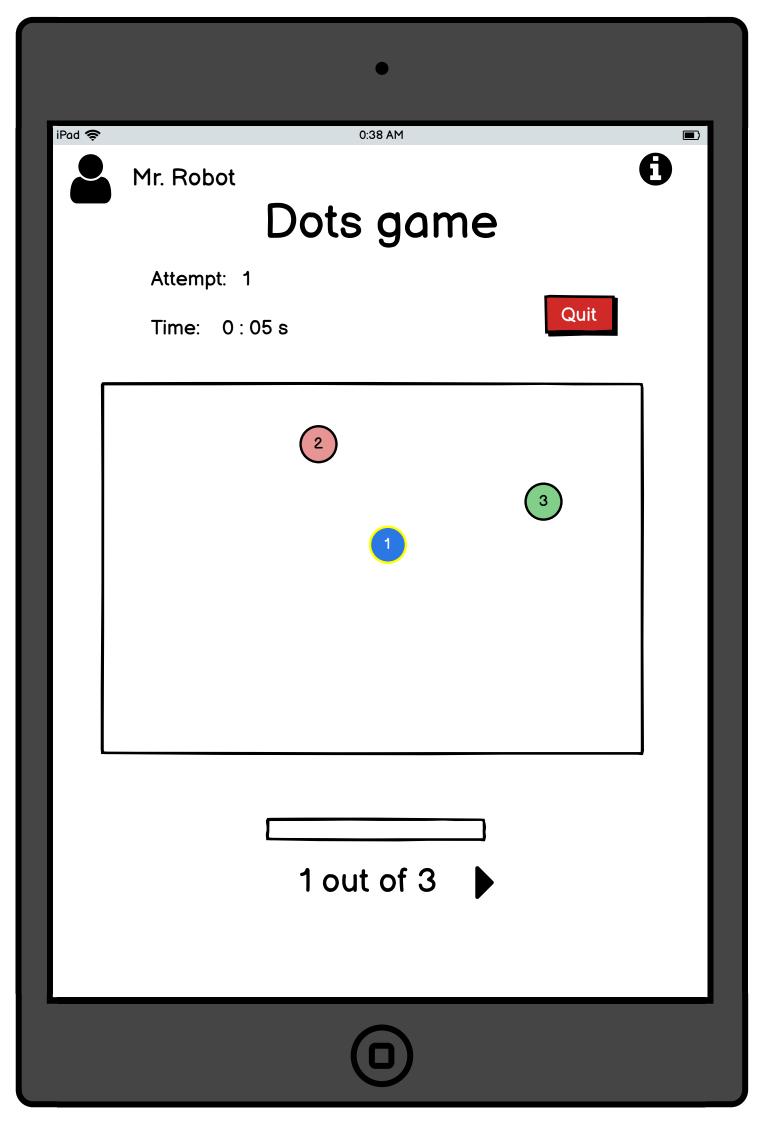
Place your thumb first, then index finger and lastly your middle finger.

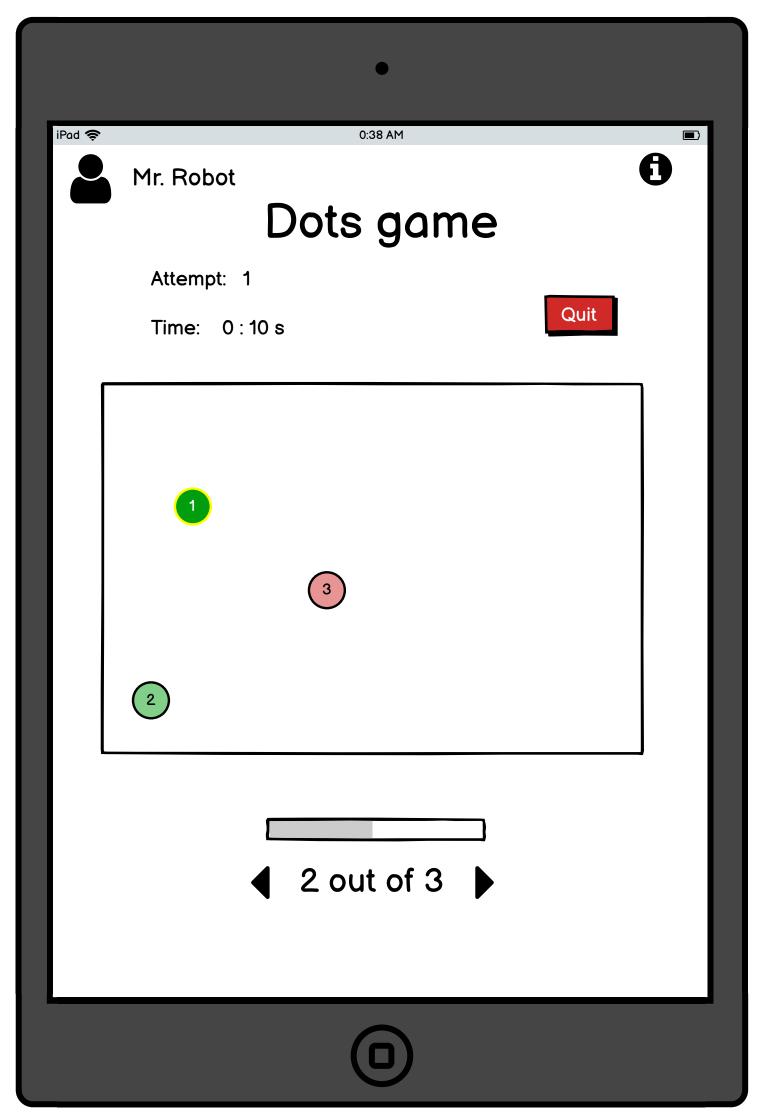
Scan

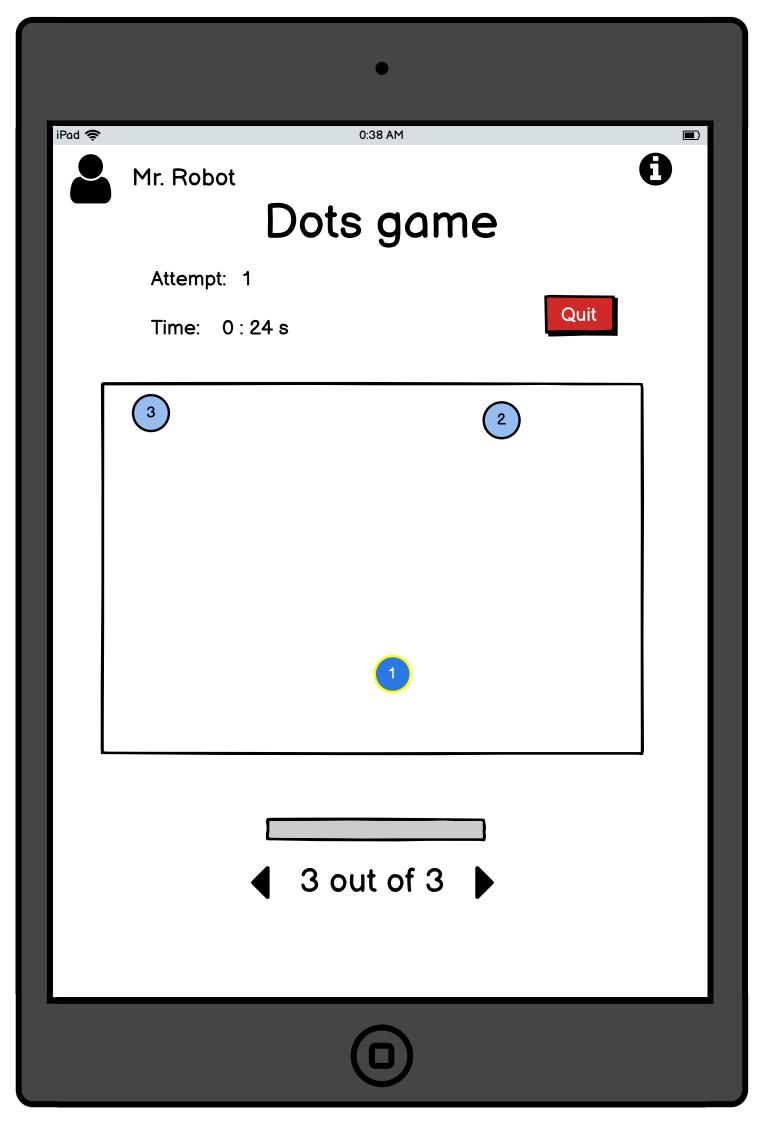














iPad 🥏

0:38 AM



Mr. Robot

#### Game over!!

Attempt: 1

Time taken: 50 s

Time limit: 1 min

No. of buttons pressed: 18



×

Retry

Quit



