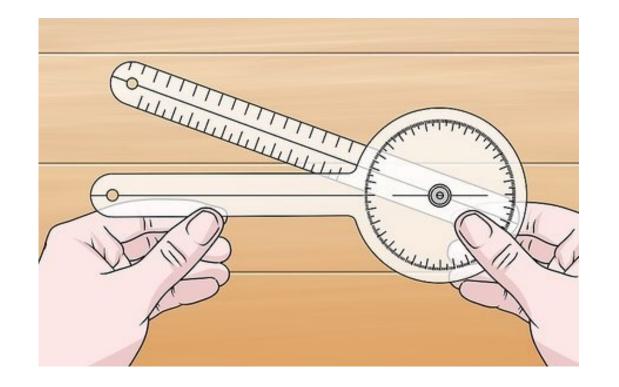


**Finger Pinch** 

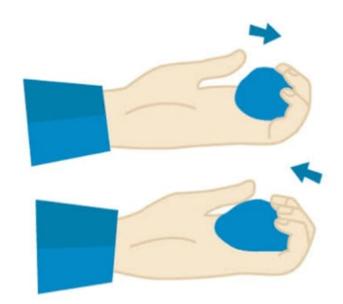
**FLAPPY BIRD** 

## GONEOMETRE

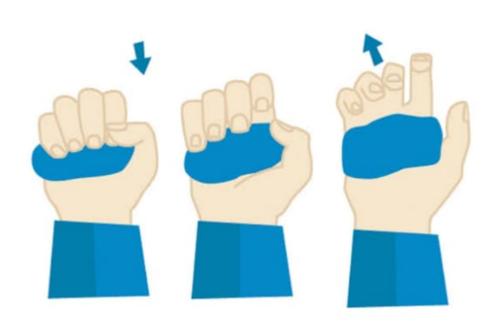


Finger Hook

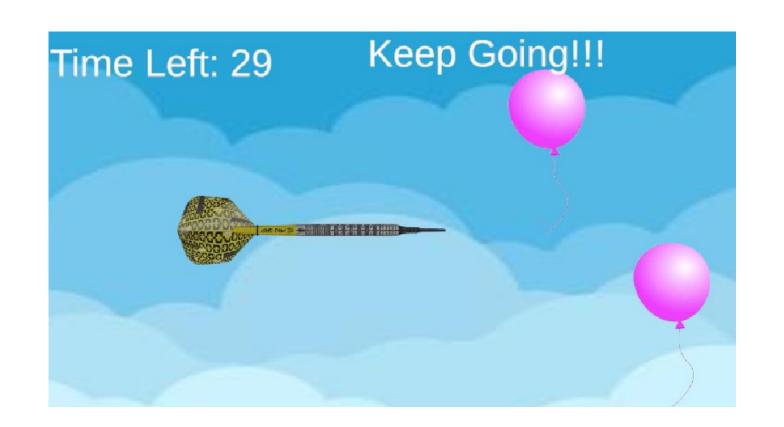
**Ball Grip** 



**Full Grip** 

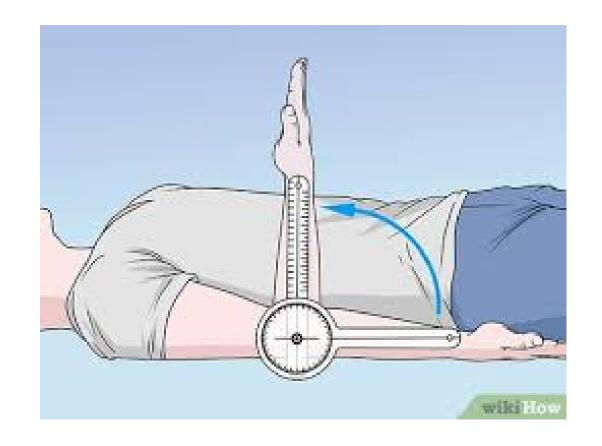


**EXERCISES** 

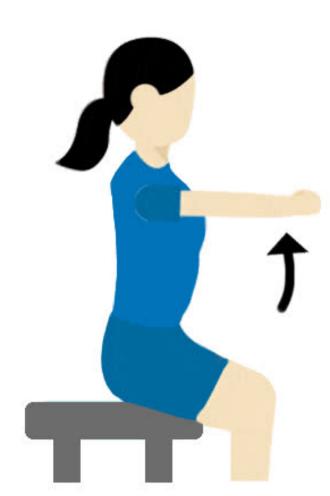




## BALLOON BLITZ

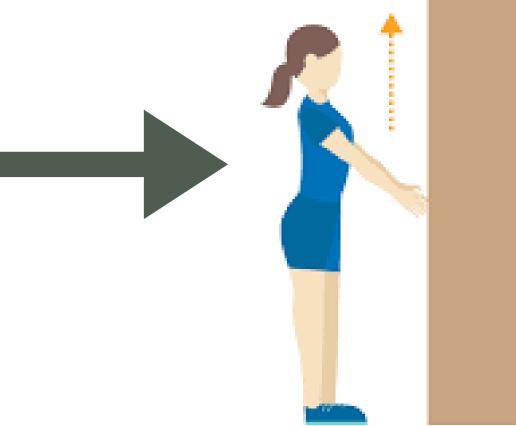


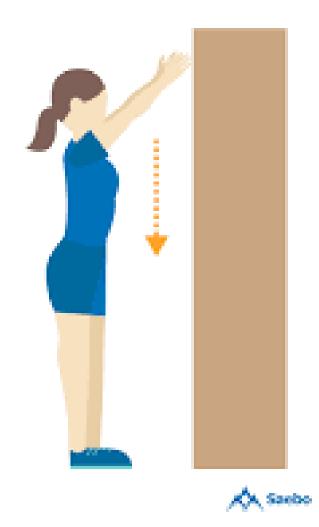
GONEOMETRE



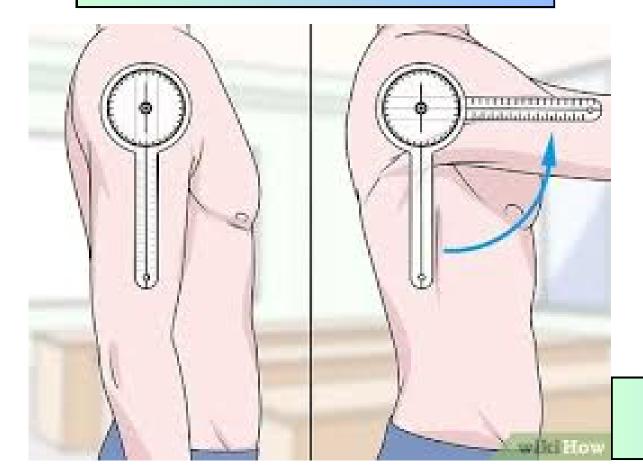
**EXERCISE** 







## **NEWTON'S APPLE**

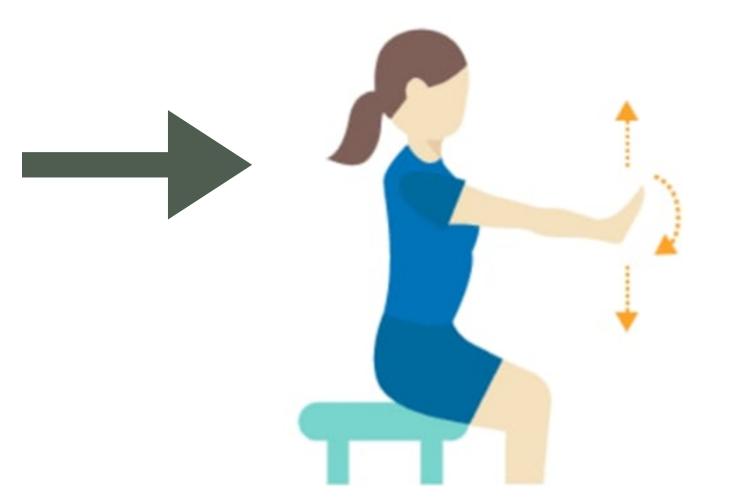


**EXERCISES** 

GONEOMETRE

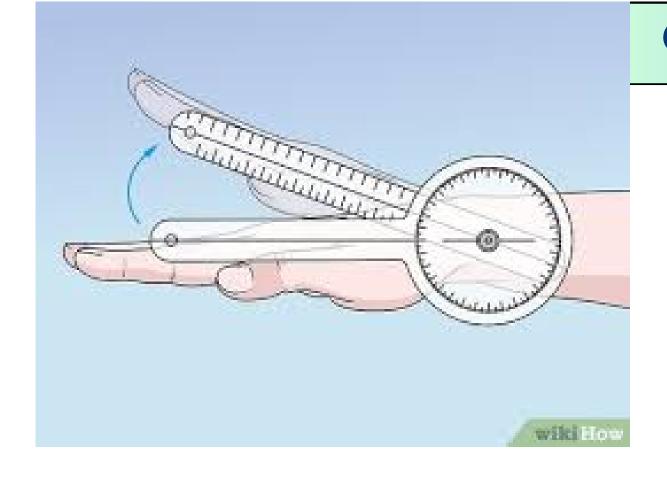








## GONEOMETRE





**EXERCISES**