

Five Finger Exercises— Hands Together With Duplicate Fingers

1. Practice each hand singly, two times slowly.
2. Practice each hand singly, two times rapidly.
3. Practice hands together, two times slowly.
4. Practice hands together, in rapid impulses of (1) (2) (3) (4).

57 58 59 60

Count 1 up 1 up 1 up 1 up

61 62 63 64

up 1 up 1 up 1 up

65 66 67 68

up 1 up 1 up 1 up

69 70 71 72

up 1 up 1 up 1 up

73 74 75 76

up 1 up 1 up 1 up

77 78 79 80

1 up 1 up 1 up 1 up

81 82 83 84

1 up 1 up 1 up 1 up

85 86 87 88

1 up 1 up 1 up 1 up

89 90 91

1 up 1 up 1 up

92 93 94

1 up 1 up 1 up

95 96 97

1 up 1 up 1 up

98 99 100 101

1 up 1 up 1 up 1 up

102 103 104 105

1 up 1 up 1 up 1 up

106 107 108

1 up 1 up 1 up

109 110 111 113

1 up 1 up 1 up 1 up