



1. Make a ball in your hand



2. Make a sausage in your hand



3. Make a ball in your hand



4. Make a roll on the table



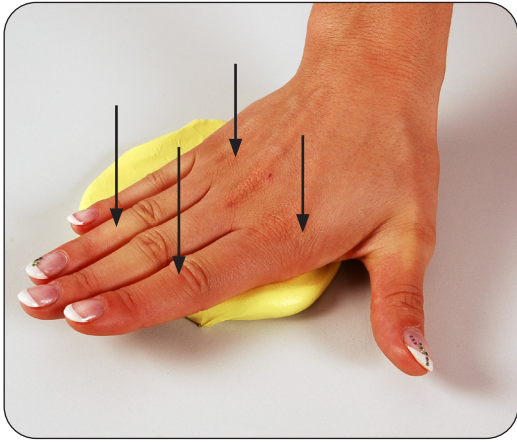
5. Push each finger in the roll



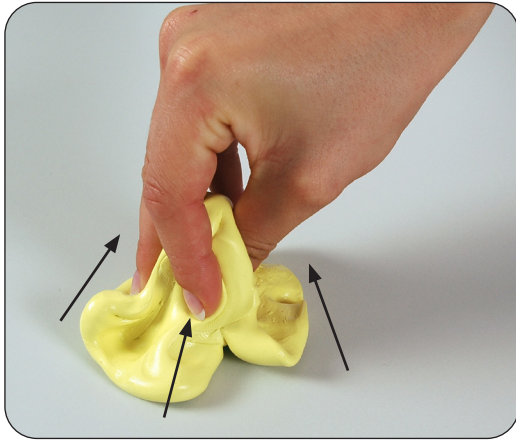
6. Pull the TheraFlex Putty back in your hand



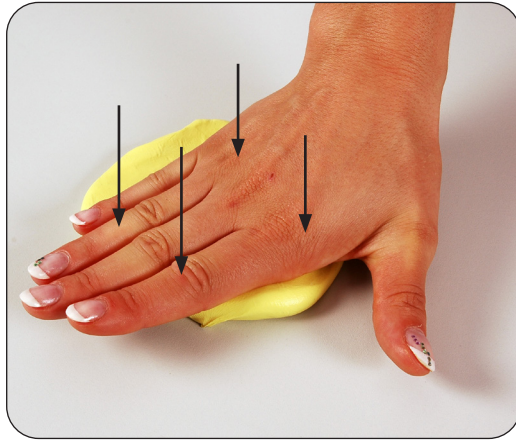
7. Make a ball in your hand



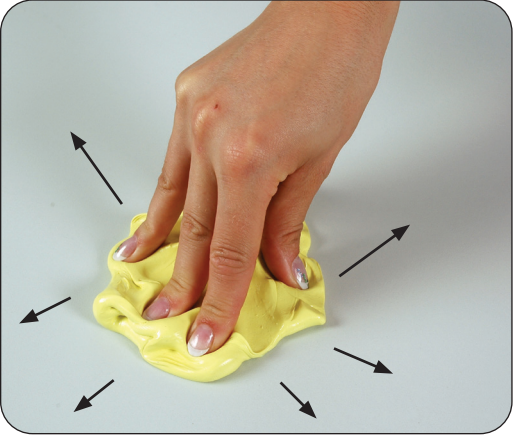
8. Flatten in on the table



9. Pull it up into a piramid shape



10. Flatten in on the table



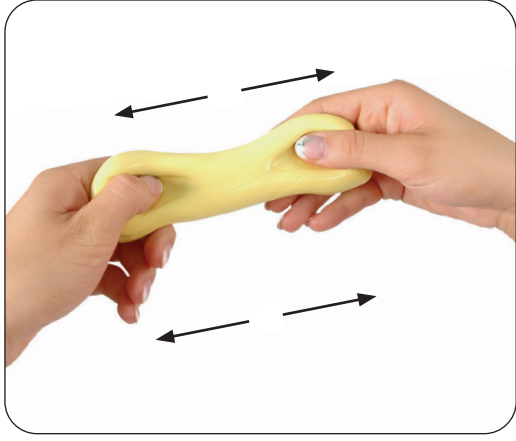
11. Make the circle wider



12. Pull the TheraFlex Putty back in your hand



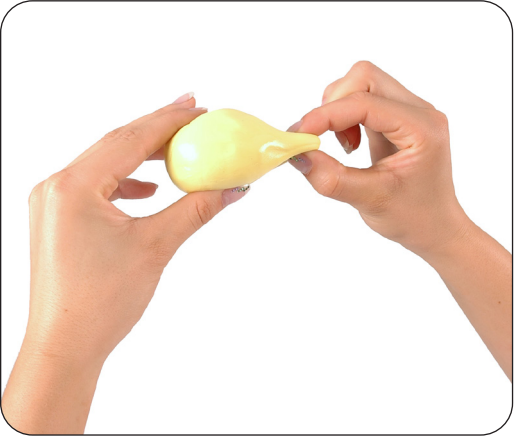
13. Make a sausage in your hand



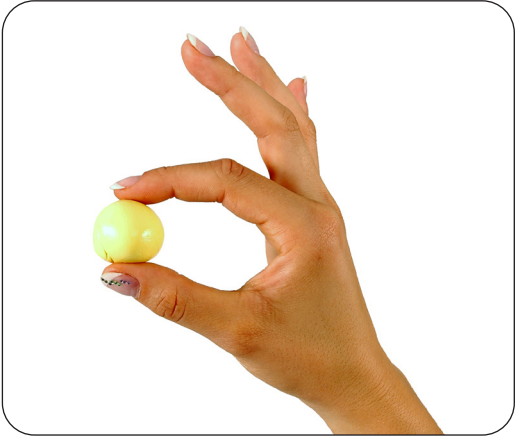
14. Stretch the TheraFlex Putty with both hands



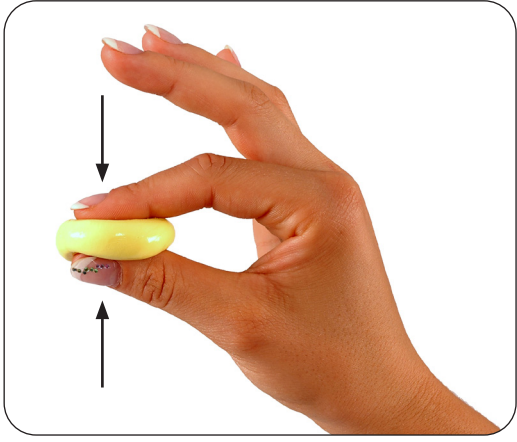
15. Make a ball in your hand



16. Pinch pieces of the TheraFlex Putty quickly



17. Roll small balls between your fingers



18. Flatten each little ball



19. Squeeze a small ball between each finger



20. Make a ball in your hand



21. Make a roll on the table



22. Wrap the roll around your fingers and spread them



23. Pull the TheraFlex Putty back in your hand



24. Make a ball in your hand



More exercises on [www.moves-you.com](http://www.moves-you.com), [f](#) and [y](#)