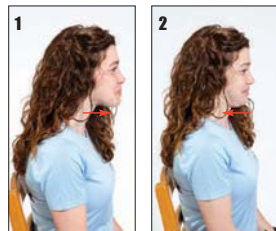


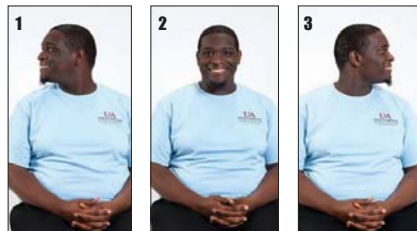
DESKERCISE:

Small Joints are a Big Deal

Chin Tucks



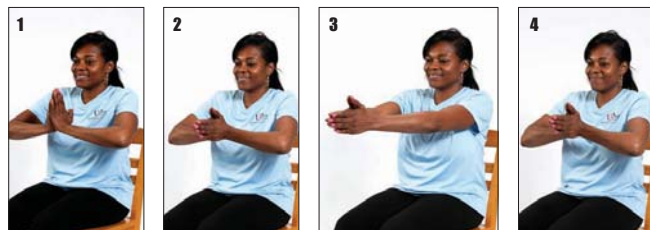
Head Turns



Head Tilts



Wrist Stretch



Cat's Claws



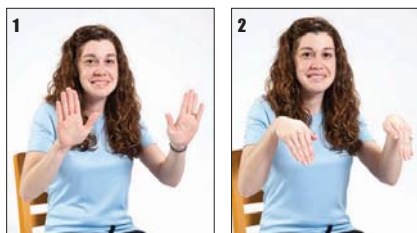
Finger O's



Rev. Prayer Hands



Wrist Bend



Toe Raises



Ankle Circles



Toe Lifts



Toe Curls



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