

# hand tendons

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

Repeat each exercise **10 times**.

Repeat every couple of hours.



**wide spread**



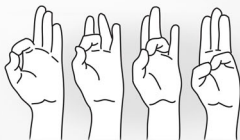
**claw**



**finger lifts**



**thumb fold**



**thumb to finger touch**