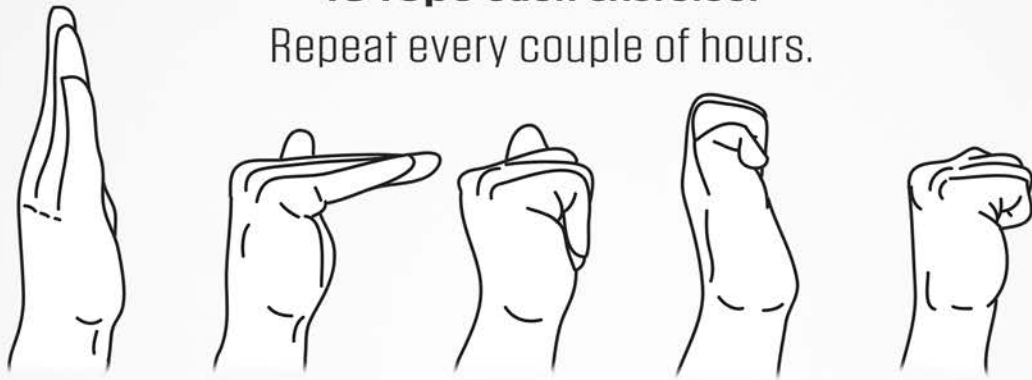


KEYBOARD WARRIOR

DAREBEE WORKOUT © darebee.com

10 reps each exercise.

Repeat every couple of hours.



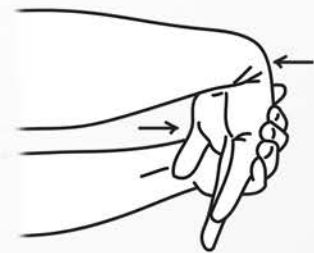
arrow - into - table top - into - straight fist - into - claw - into - fist



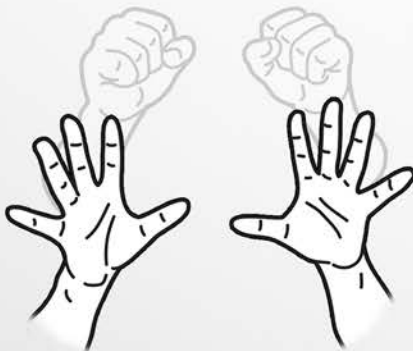
fist rotations



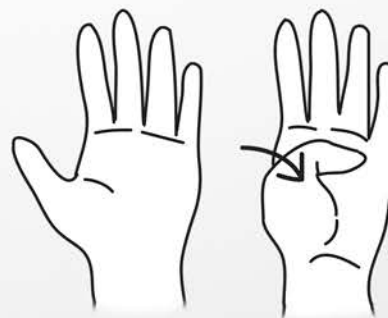
resistance stretch



resistance press



clench / unclench



thumb folds