

Finger Fitness Exercise List

Number	Exercise
2	5 Pushups or 5 Chair Raises
3	30 sec. - Pretend Play the Piano or Wrist Rolls
4	10 Elbows to Knees
5	5 Walk Out Straight Arm Plank or 20 sec. Plank
6	10 Lumber Jack Chops (each side)
7	10 Rapid Fire Elbow Bumps (each side)
8	30 sec. Hold Arms Out Front (chest height)
9	20 sec. Chair Raise and Hold or 10 Sit to Stand
10	10 Around the Back (each direction)

Elbows to Knees	Bring opposite elbow to opposite knee. If standing, you must bring your knee to waist height to meet your elbow.
Walk Out Arm Plank	Start in push-up position. "Up" phase, walk hands out as far as you can go, and then back in.
Lumber Jack Chops	Start with both hands high over one shoulder. Bring arms down past opposite hip in chop motion.
Elbow Bumps	Instead of high 5's with hands, bump elbows.
Around the Backs	Grab an object and bring it around your back as far as possible. Grab with other hand. Bring back to front.