



Finger Taps

Target: hands, forearms, fingers

STARTING POSITION: Sit at the edge of a stable chair. Rest your hands on your thighs with your palms turned up.

1. Touch your little finger to your thumb then progress through each finger until you reach your index finger.
2. Now turn your palms down and repeat the exercise.

Variation Finger Base Tap: Touch the thumb to the base of your little finger, then progress through each finger until you reach the index finger. Now turn your palms down and repeat the exercise.

