

hand mobility

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

Repeat every couple of hours.



up & down stretch



up & down side stretch



rotations



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

hand tendons

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

Repeat every couple of hours.



wide spread



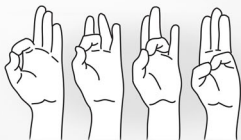
claw



finger lifts



thumb fold



thumb to finger touch

TALK TO THE

HAND

DAREBEE WORKOUT

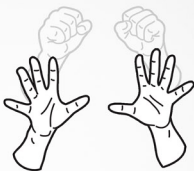
© darebee.com

10 reps each | 3 sets

2 minutes rest between sets



1. rapid shaking



2. open and close fists



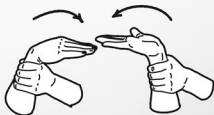
3. rotations



4. finger press



5. side flickers



6. up and down wrist flips

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



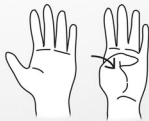
resistance stretch



resistance press



clench / unclench



thumb folds

pressure points

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Repeat each one for 10 seconds.



thenar press



palm rub



thumb root press



bottom
index finger press



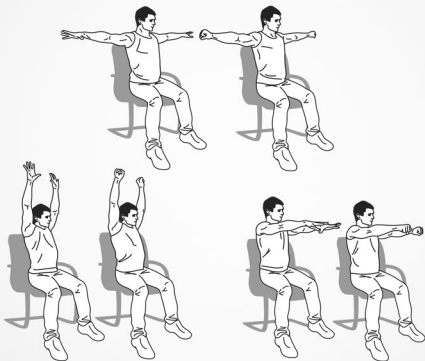
top
little finger press



top
thumb press

STAPLER

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20 arms to the side clench / unclench

20 arms overhead clench / unclench

20 arms to the front clench / unclench

rest & repeat

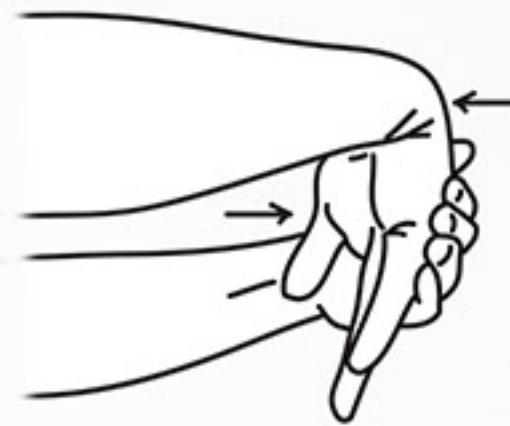
wrist mobility

DAREBEE WORKOUT @ darebee.com

20 seconds each exercise



resistance stretch



resistance press



up & down stretch



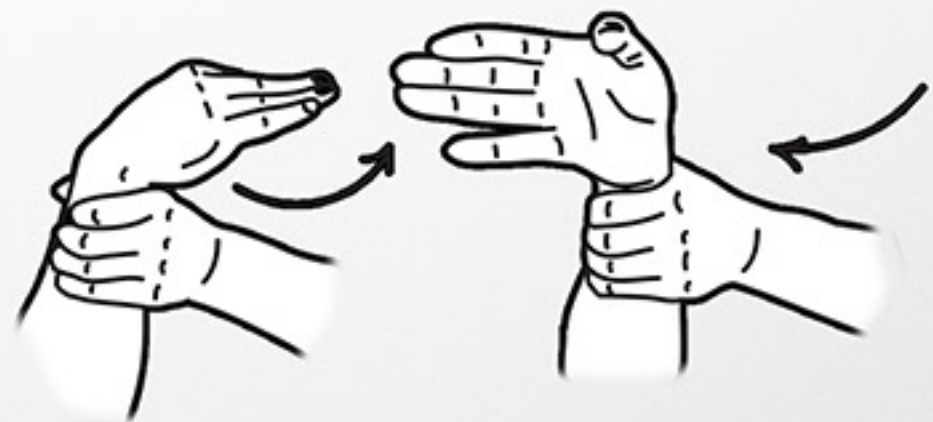
up & down side stretch



fist rotations



rotations



side flickers

wrist pain

DAREBEE WORKOUT © darebee.com

20 seconds each exercise.

Repeat every couple of hours.



wrist curl



tilt back



"hammer"



wrist stretch



resistance press



fist rotations