

WARM UP

Full Body Breathing

Where you feel it: Torso

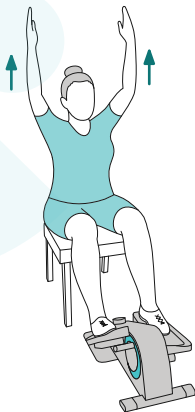
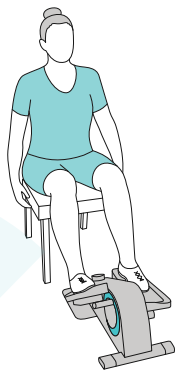
C Slowly pedal with your elliptical on light resistance (Level 1 or 2).

1 Inhale for a count of 5, sitting up tall and letting your breath lift your ribcage.

2 Exhale for a count of 5, relaxing the shoulders.

3 TRY THIS!

Repeat 3-5 times, and if you'd like -add in the arms! Lift your arms as you inhale, and lower them as you exhale.

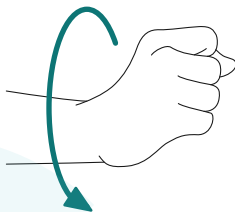


WARM UP

Wrist Rolls

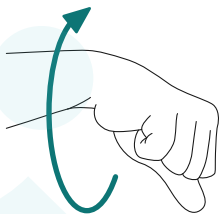
Where you feel it: Wrists

- C** Slowly pedal with your elliptical on light resistance (Level 1 or 2).



- 1** Roll your wrists in outward circles 5 times.

- 2** Then, roll your wrists in inward circles 5 times.



- 3** **TRY THIS!** For a brain teaser, roll both wrists clockwise at the same time. After 5 repetitions, go counterclockwise.

WARM UP

Forearm Prayer Stretch

Where you feel it: Wrists

C Slowly pedal with your elliptical on light resistance (Level 1 or 2).

1 Sitting up tall, bend your elbows and press your hands together with your fingers pointing up.



2 Slowly lower your hands until you feel a light stretch in your wrists and forearms (you likely only need to lower your hands an inch or two).



3 Return your hands to the start position.

4 TRY THIS!

Repeat 5 times, and follow up with more Wrist Rolls if needed.

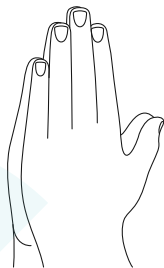
WARM UP

Finger Stars

Where you feel it: Hands

- C** Slowly pedal with your elliptical on light resistance (Level 1 or 2).

- 1** Press your hands together in front of your ribcage.



- 2** Maintaining constant pressure between your palms and each of your fingers, spread your fingers out wide.



- 3** Bring your fingers back in.

- 4** **TRY THIS!**
Repeat 5 times

WARM UP

Finger Aerobics

Where you feel it: Hands

C Slowly pedal with your elliptical on light resistance (Level 1 or 2).

1 Rest your hands, palms up, on the arms of your chair or on your thighs.

2 Touch your thumbs to your pinkie fingers on both hands, release, and repeat for all your fingers. The last fingers you touch should be your index fingers.

3 TRY THIS!
Repeat 4 times, and make a fist after every 2 repetitions.



GRIP STRENGTH

Slow Squeeze

Where you feel it: Hands



C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

1 Hold one Squishii in a comfortable position in your non-dominant hand.



2 Take a deep breath. Slowly exhale and count to 5, squeezing the circle tighter for each of the 5 counts.



3 Inhale and immediately relax your grip. Switch to your dominant hand and repeat.

4 TRY THIS!

Repeat 10 times for each side, always starting with your non-dominant hand.

GRIP STRENGTH

Grip Extension

Where you feel it: Forearms & Wrist



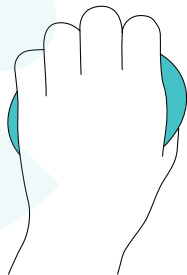
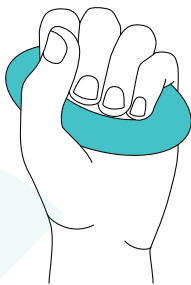
C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

1 Hold one Squishii in a comfortable position in your non-dominant hand.

2 Move 1: Rest your hand on your leg or the arm of your chair, palm-up. Squeeze gently.

3 Move 2: In the same position, turn your palm downward and squeeze gently.

4 TRY THIS! Repeat both exercises 10 times for each side. For a challenge, alternate between Moves 1 and 2 each time you squeeze.



GRIP STRENGTH

Finger Pairs

Where you feel it: Fingers



C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

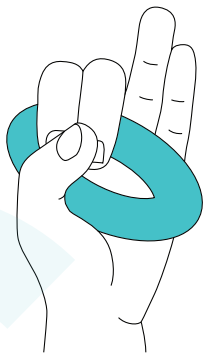
1 Hold one Squishii in a comfortable position in your non-dominant hand.

2 Squeeze 5 times using only your index and middle fingers.

3 Repeat using only your middle and ring fingers, and then only your ring and pinky fingers.

4 TRY THIS!

Break each squeeze into a set of 3 pulses, relaxing after each set.



GRIP STRENGTH

Finger Pinches

Where you feel it: Fingers



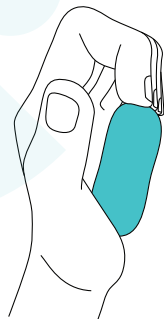
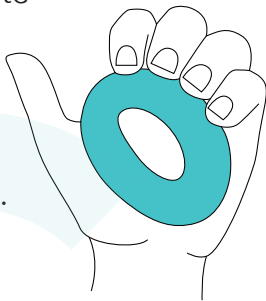
C Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

1 Hold one Squishii in a comfortable position in your non-dominant hand.

2 Bring your fingertips to the edge.

3 Gently squeeze your fingers, then relax. Repeat 10 times for each hand.

4 TRY THIS!
Break each squeeze into a set of 3 pulses, relaxing after each set.



GRIP STRENGTH

Squeezing Jab

Where you feel it: Hands & Arms

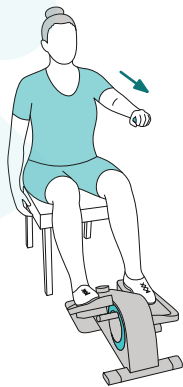
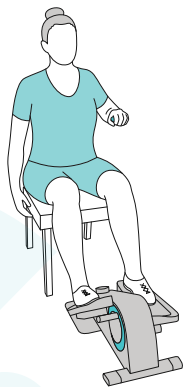


- C** Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

- 1** Hold one Squishii in a comfortable position in your non-dominant hand.

- 2** Punch forward 10 times quickly, squeezing each time your arm moves forward.

- 3** **TRY THIS!** Repeat 10 times for each side, or switch sides every 5 jabs.



GRIP STRENGTH

Squeezing Cross Punch

Where you feel it: Hands & Arms

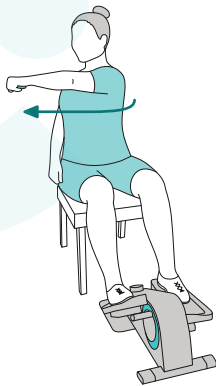
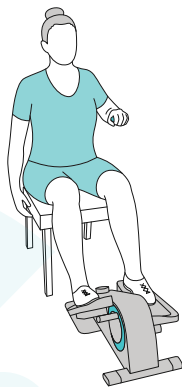


- C** Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).

- 1** Hold one Squishii in a comfortable position in your non-dominant hand.

- 2** Rotate your torso while you punch your hand forward across your body, squeezing each time your arm moves forward.

- 3** **TRY THIS!** Repeat 10 times for each side, or switch sides every 5 punches.



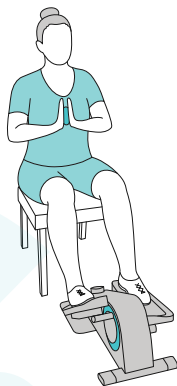
GRIP STRENGTH

Squeezing Prayer Pulse

Where you feel it: Chest & Arms



- C** Pedal at a medium pace with your elliptical on moderate resistance (Level 3-5).



- 1** Hold one Squishii between your palms in front of your breastbone, so your elbows are at 45 degrees.

- 2** Gently press your palms together in a series of quick pulses, activating your underarm muscles. Be sure to keep your shoulders back.



- 3** **TRY THIS!**
Complete 5 sets of 5 second pulses.