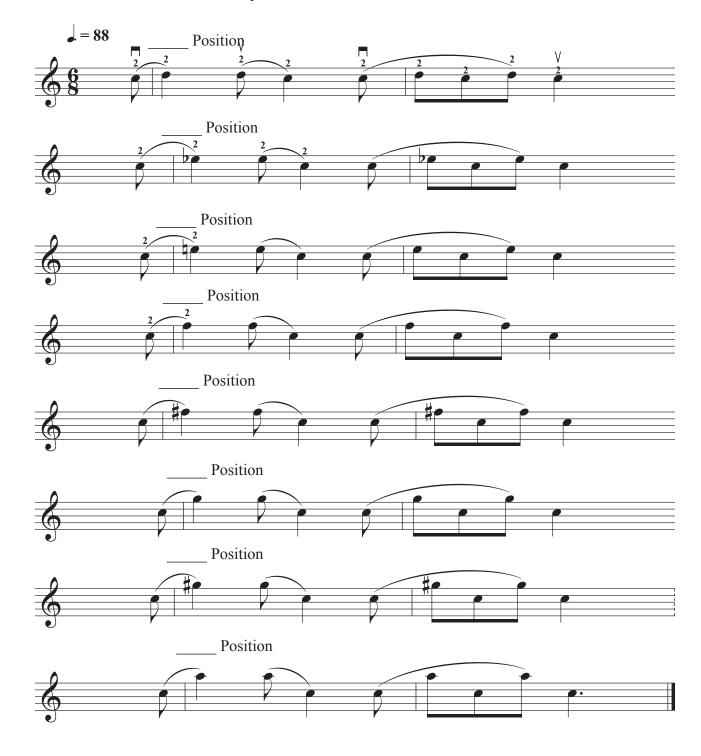
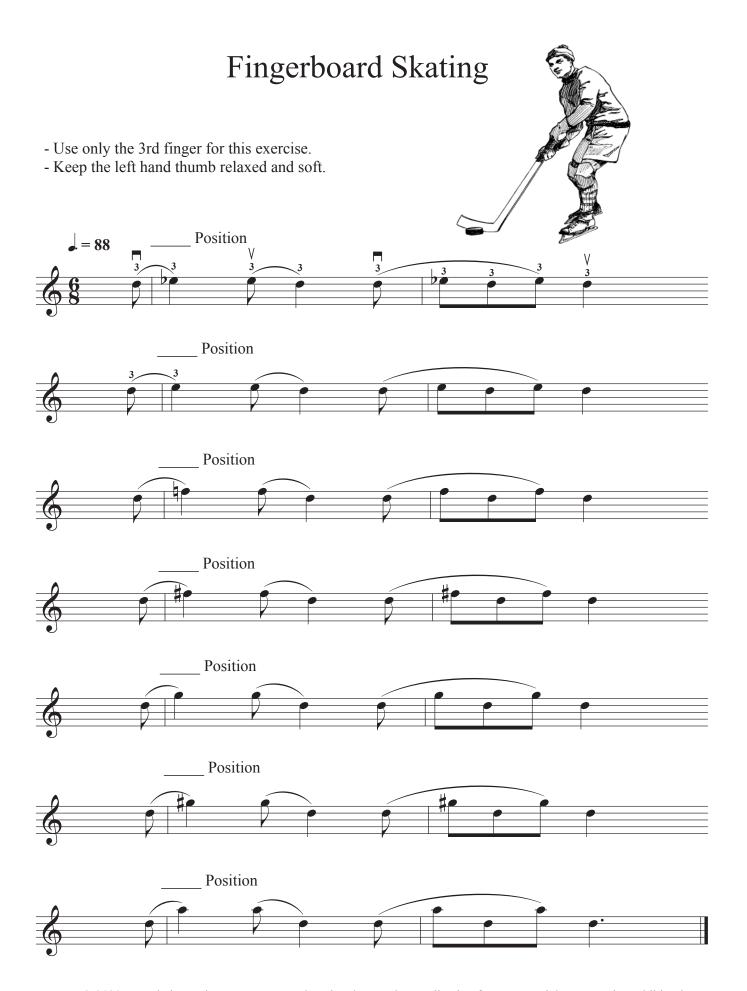




Fingerboard Skating

- Use only the 2nd finger for this exercise.
- Keep the left hand thumb relaxed and soft.





Fingerboard Skating

- Use only the 4th finger for this exercise.
- Keep the left hand thumb relaxed and soft.

