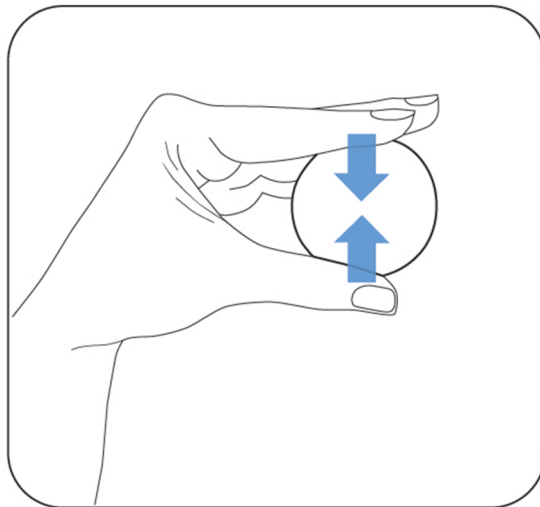


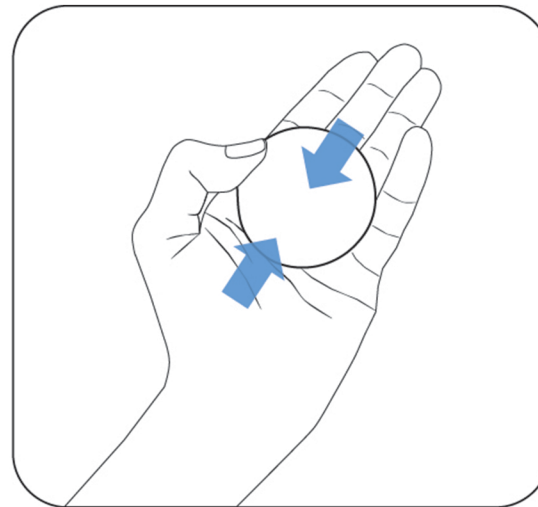
POWER GRIP

Squeeze the ball with your fingers and thumb



PINCH

Pinch ball with finger and thumb extended



THUMB EXTENSION

Roll the ball up and down your palm by flexing and extending your thumb

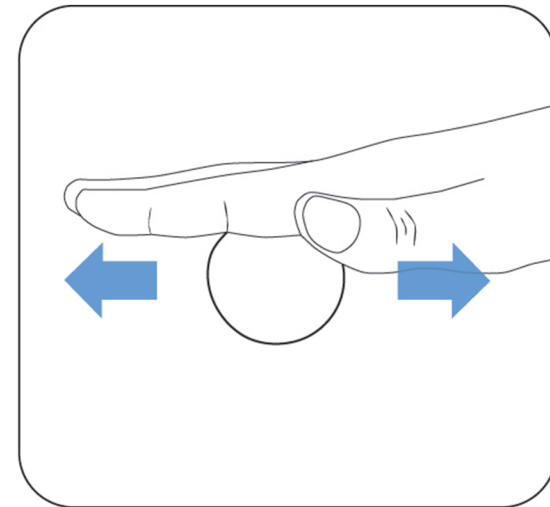
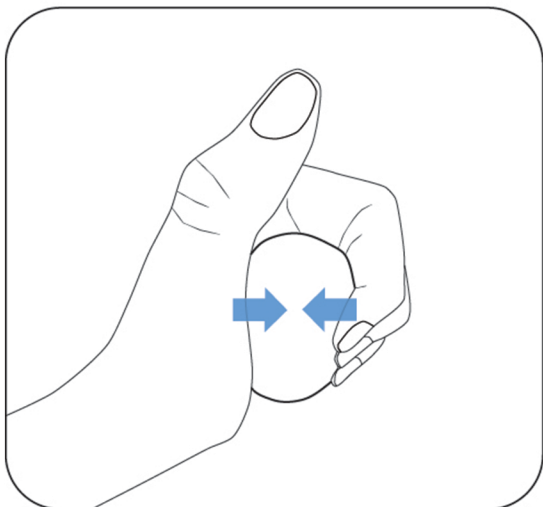


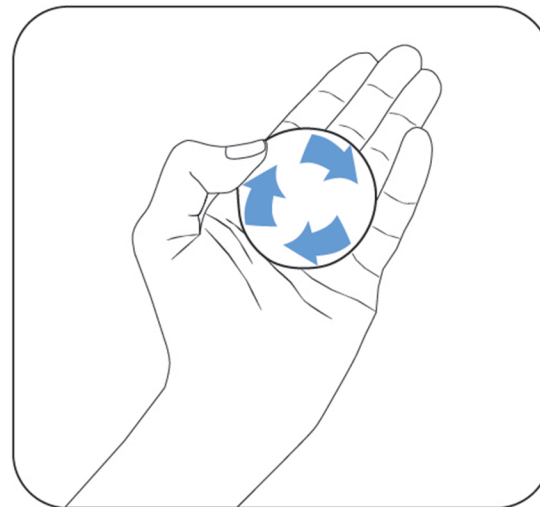
TABLE ROLL

Roll ball from tip of fingers to palm



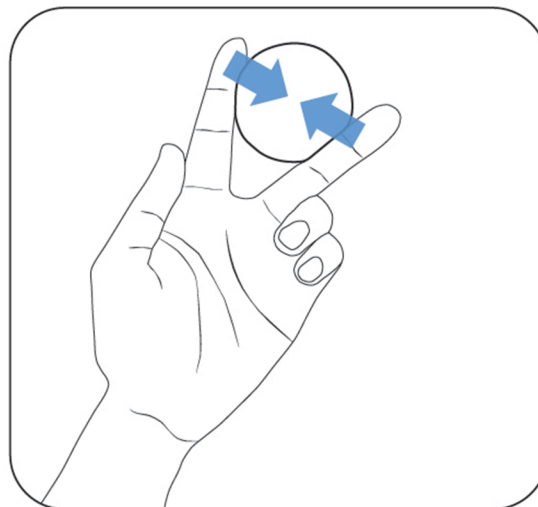
FINGER FLEXION

Press your fingers into the ball



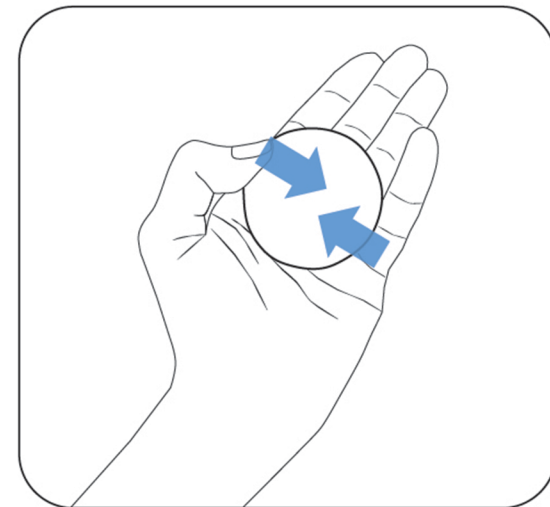
THUMB ROLL

Roll the ball in a circular motion with your thumb



FINGER SQUEEZE

Squeeze the ball with two fingers



THUMB OPPOSITION

Roll ball from left to right side of palm with your thumb