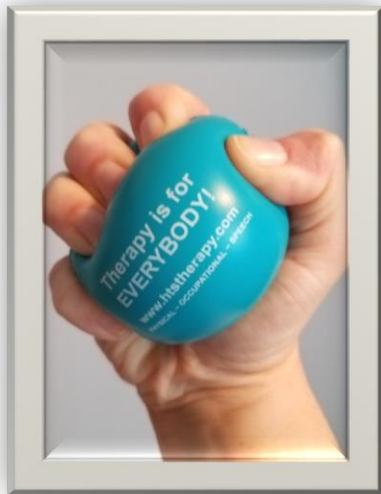


5 Minute Stress Ball Workout

Palm Press - Place a stress ball in between your palms, keeping your forearm in a vertical position. Press and hold for 3-5 seconds, then relax. Repeat 10 times.



Full Grip - Hold a stress ball in your palm and squeeze it as hard as you can. Hold for 3-5 seconds, then relax. Repeat 10 times, rest for 1 minute, then repeat with the other hand.

Finger Grip - Place a stress ball between the tip of one finger and the thumb. Press and hold for 3-5 seconds, then relax. Repeat 10 times with each finger, rest for 1 minute, then repeat with the other hand.



Thumb Press - Place stress ball in your palm. Press it with your thumb pointing towards your little finger and hold for 3-5 seconds, then relax. Repeat 10 times, rest for 1 minute and repeat with the other hand.