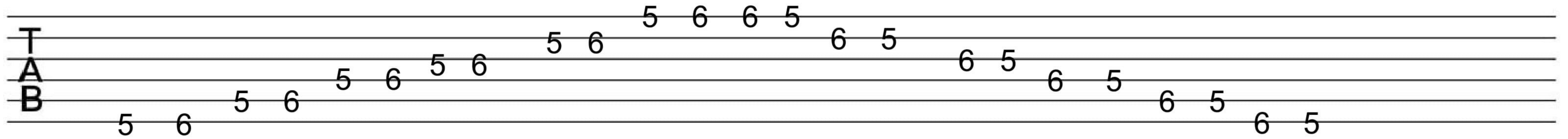


# Finger Strength Exercise 2

60 -100 BPM



(L.H.F 1): 1 2 1 2 1 2 1 2 1 2 1 2 2 1 2 1 2 1 2 1 2 1  
(L.H.F 2): 2 3 2 3 2 3 2 3 2 3 2 3 3 2 3 2 3 2 3 2 3 2  
(L.H.F 3): 3 4 3 4 3 4 3 4 3 4 3 4 4 3 4 3 4 3 4 3 4 3