

1.



10-20 seconds  
2 times

2.



10-15 seconds

3.



8-10 seconds  
each side

4.



15-20 seconds

5.



3-5 seconds  
3 times

6.



10-12 seconds  
each arm

7.



10 seconds

8.



10 seconds

9.



8-10 seconds  
each side

10.



8-10 seconds  
each side

11.



10-15 seconds  
2 times

12.



Shake out hands  
8-10 seconds