
Hands Open Twice Round World Single

the term “deskercise” refers to exercise that can be ... - hands. open your hands out pressing your elbows down to open the chest. hold for 10 seconds repeat twice. deskercise! 20 ways to get moving while you work the term “deskercise” refers to exercise that can be performed throughout your workday and even from your desk. there are a variety of movements available, but here **open, shut them open, shut them give your hands a clap ... - give your hands a clap (clap hands twice) open, shut them . open, shut them . put them in your lap (pat hands on lap) creep them, creep them . creep them, creep them . right up to your chin, chin, chin (tap fingers on chin) open up your little mouth (open mouth wide) but, do not let them in . **fsfcs17, deskercise: unfold, extend and relax - uaex - 7.** perform stretch twice on both sides. thumb bends. 1. sitting up straight, draw your shoulders down and back away from your ears, head line with your spine, feet flat on the floor. 2. holding both hands open in front of you, spread your fingers apart. 3. touch the base of each finger **hands-on training: tips and tools - hrsu - hands-on training: tips and tools page 4 may 2015** open: when training people whom you do not know, begin with appropriate welcomes and introductions. this is not necessary, of course, if you have been working together for a time. however, even within good working relationships, the trainee may feel some **“five for fitness” - new hampshire** - count 1-4. twice. hands out in front, lower each finger, one at a time, to touch palm, count 1-4. twice. then bend thumb to palm of hand, count 1-4. twice. place fingertips of one hand against fingertips of the other hand. gently and slowly press tips together, count 1-4. twice. make a fist. open hands. make a fist. open hands. twice.**

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