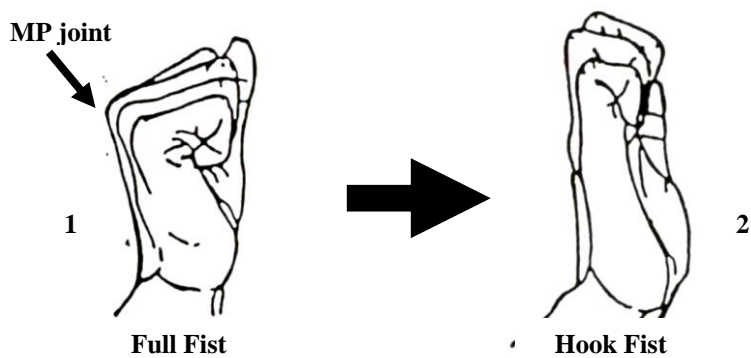


EDC Glide

All exercises should be done slowly and smoothly. Maintain the desired position for 3-5 second before relaxing

Perform _____ repetitions _____ x day



EDC Glide

- **1-Fist-** Make a full fist bending all joints as much as possible
- **2-Hook-** Keep the end and middle joints flexed (bent) then extend (straighten) the MP joint (big knuckle) fully

