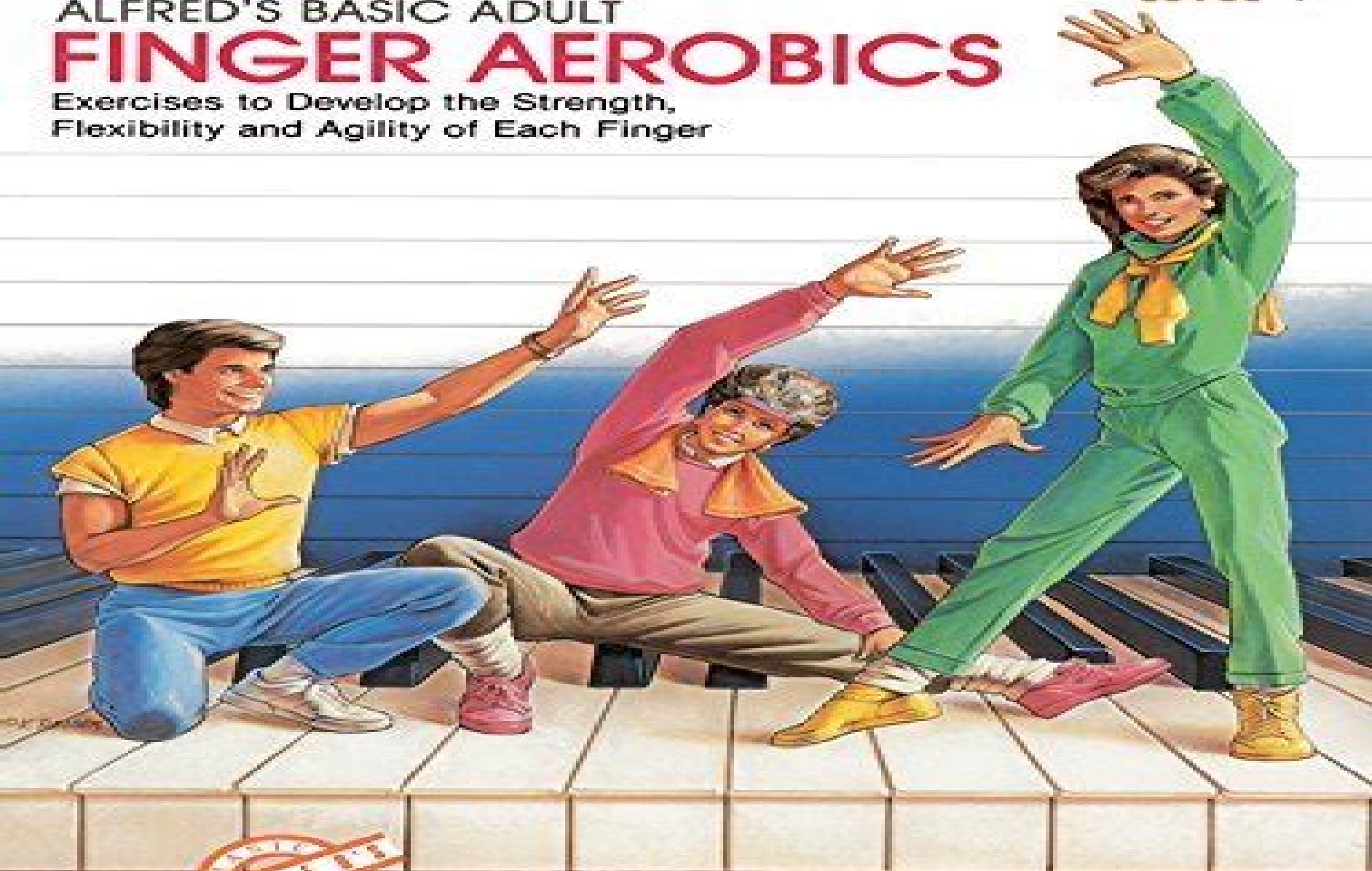


ALFRED'S BASIC ADULT **FINGER AEROBICS**

Exercises to Develop the Strength,
Flexibility and Agility of Each Finger

LEVEL 1



WILLARD A. PALMER • MORTON MANUS • AMANDA VICK LETHCO

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