

# Finger Aerobics

1. **First, with all four fingers stuck to the string, tap the thumb 5 times.**  
(Make sure it is relaxed, and that it doesn't hurt to tap it. If it does, you're probably clenching your thumb as you play).

## Level One

(Keeping all other fingers down)

**Tap your 1st finger 5 times,**

**your 2nd finger 5 times,**

**your 3rd finger 5 times,**

**and your 4th finger 5 times**

If any of these were tricky, try them again, before level two.

## Level Two

**Tap your 1st and 2nd fingers together 5 times,**

**your 2nd and 3rd fingers 5 times,**

**and your 3rd and 4th fingers 5 times,**

If any of these were tricky, try them again, before level three.

## Level Three!

**Tap your 1st and 4th fingers together 5 times,**

**your 1st and 2nd fingers 5 times,**

**and your 2nd and 4th fingers 5 times,**