

# Designer Hand Yoga Positions

**WE USE OUR HANDS QUITE A BIT.** Sketching, typing, tapping, gesturing, shaking, pointing, washing (should go without saying), clicking... you get the idea. They're always behind whatever craft we do and are always willing to take a good beating.

Invest in your highly capable, highly versatile paws by giving them a quick workout for a short and sweet 10 minutes a day. Perfecting these poses will ensure your mitts are as lean, mean and ready for anything as can be.



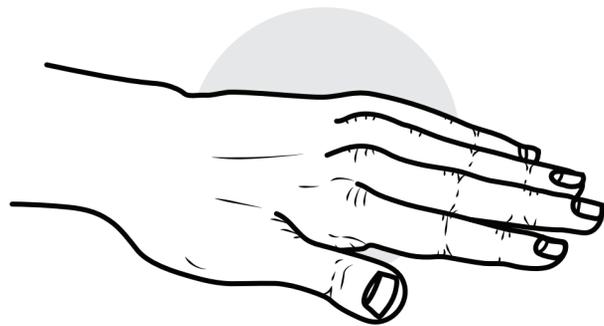
**Fig. №1  
Child's  
Pose**

Make like a rock legend and rock out.  
Chill out and put your index + pinkie down, send your middle + ring finger back towards your wrist.  
Apply mild pressure from above and alternate hands.



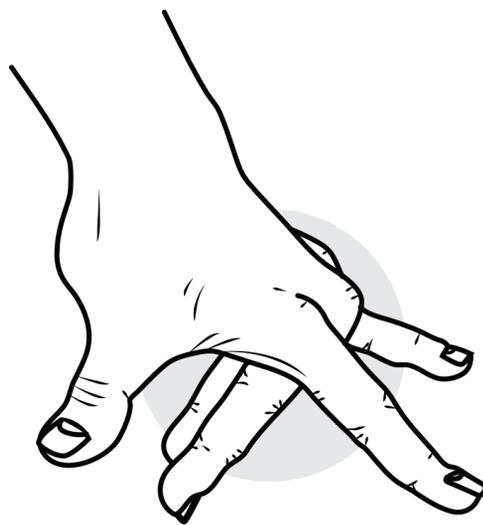
**Fig. №2  
Awkward**

You look like a dork, embrace it.  
There is no way to easily explain this one, it will always look and feel weird.  
Try to mirror the Figure, follow your dreams and alternate hands.



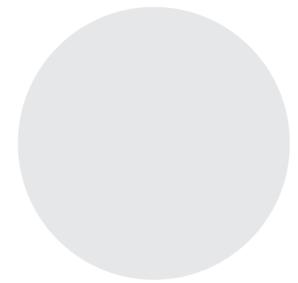
**Fig. №3  
Desk  
High 5**

Flatten your hand on desk.  
That's it.  
Alternate hands.



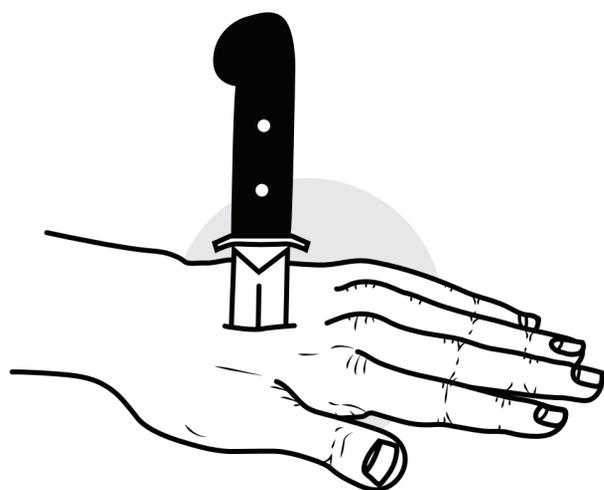
**Fig. №4  
Downward  
Dog**

Make like a rock legend and rock out.  
Chill out and put your index + pinkie down, straighten your middle + ring finger until they touch the desk.  
See how far you can stretch out comfortably and alternate hands.



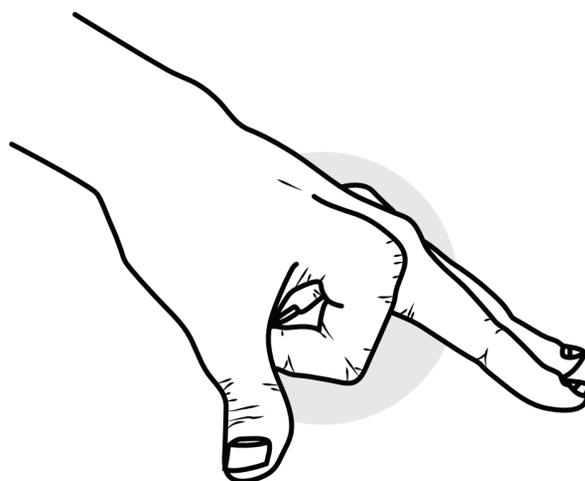
**Fig. №5  
Remote  
Work Day**

Never remove sweatpants or your very comfy birkenstocks.  
Productivity boost from constant home coffee supply.  
30% more cat gifs on Slack.



**Fig. №6  
Really  
Bad At  
The Knife  
Game**

Take a moment to evaluate your most recent decisions.  
Do not remove blade.  
Tell intern to fetch the first aid kit.  
Call 911.



**Fig. №7  
Dame  
Time**

Find and play the most recent Blazer highlights you can find.  
3's all day every day.  
Alternate hands.



**Fig. №8  
The  
Albatross**

Open Internet Explorer 6.  
Channel all forms of rage into your middle finger, express outwardly and accordingly.  
Alternate or perform with both hands simultaneously for optimal impact.