



FRIDAY.

Palm-out F-hand circles slightly. (see MONDAY)



MONDAY

Palm-out M circles slightly.



SATURDAY

Palm-out S-hand circles slightly. (see MONDAY)



SUNDAY

Palm-out open O's circle out to sides.



THURSDAY

T-hand to H-hand. (can be done with H alone circling slightly). (see MONDAY)



TUESDAY

Palm-out T circles slightly. (see MONDAY)



WEDNESDAY.

Palm-out W circles slightly. (see MONDAY)