



# **Alfred's Basic Adult Finger Aerobics: Exercises to Develop the Strength, Flexibility and Agility of Each Finger, Level 1 (Alfred's Basic Adult Piano Course)**

*Willard A. Palmer, Morton Manus, Amanda Vick Lethco*

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Exercises designed to develop strength, flexibility and agility, and coordinated page-by-page with Alfred's Basic Adult Piano Course. These exercises make a great warm-up and conditioner for the hands during practice time.

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