

## **How we can increase our immunity in this lockdown**

Improving hand muscles at home

1. Biceps 8 times x 3 sets
2. Triceps 8 times x 3 sets
3. Wrist 8 times x 3 sets

Practically I will show you how to do exercise

Please follow the link

<https://www.youtube.com/watch?v=4pRUKfYXjtA>