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Greg and Lorraine Irwin, Applying principles of motor learning and control to upper extremity L.C. Irwin, G.C. Irwin; Finger Fitness: The Art of Finger

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'FINGER FITNESS' - The Art of Finger Control by Lorraine C. and Gregory G.Irwin. Its a slim book of exercises designed for artists,musicians,magicians etc.Its pretty

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Finger fitness : the art of finger control. Accompanying book: Finger fitness: the art of finger control, by Gregory G. and Lorraine C. Irwin. (Revised)

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Greg and Lorraine Irwin published in book and video format as Finger Fitness: The Art of Finger Control. Greg Irwin demonstrating his Finger Fitness

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