

POWER GRIP



Begin all exercises slowly using low resistance with only a few reps each time. Hold each position for 2-6 seconds and release. Repeat 5-10 times. Only increase reps when you feel strong enough to 3 sets of 10 - 30 reps. Caution: If you experience any pain stop the exercise immediately and consult your physician. Extensive use of this product may cause pain or injury. Consult a physician prior to engaging in physical activity.

1. Place the center of the power grip on the tip of your thumb and then line up each finger keeping the small finger joints straight while bending only the large knuckles. Excellent for building strength in your palm.



2. Position the power grip in the hand similar to diagram 4. Place your finger tips on the individual finger spring bars. The bottom bar with your palm hooked over the top between the index finger and your thumb. Keeping your fingers slightly bent, press down on the first and fourth finger in varying combinations. Effective in building individual finger strength.



3. Place the hook of the power grip on the inside of a bent index finger. The tip of your thumb should be slightly bent press the thumb on the first finger bar. Great for building strength in the thumb and index finger.



4. Place fingertips on the individual finger spring bars and position the power grip in the palm with your palm hooked over the top between the index finger and your thumb. Keep the fingertips slightly bent, press all of your fingers toward the center of the grip.

