

HAND STRENGTH GRIP EXERCISE GUIDE

PALM SQUEEZE



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb. Hold for 1-2 seconds, release, and repeat.

FINGER SQUEEZE



Start: Place Hand Grip in fingers of hand. Align hand with wrist and forearm in a palm-forward position and gently grasp with straight fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb. Hold for 1-2 seconds, release, and repeat.

WRIST BEND (DOWN)



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist downward. Hold for 1-2 seconds, return to start position, release, and repeat.

WRIST BEND (UP)



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist upward. Hold for 1-2 seconds, return to start position, release, and repeat.

WRIST EXTENSION



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in a palm-down position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist upward. Hold for 1-2 seconds, return to start position, release, and repeat.

WRIST FLEXION



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in a palm-up position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist downward. Hold for 1-2 seconds, return to start position, release, and repeat.

Iron Grip Strength Power System Cable Guide

Robert R. Redfield



Iron Grip Strength Power System Cable Guide:

Iron Grip Strength Power System Cable Guide Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Iron Grip Strength Power System Cable Guide**," written by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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