

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 Guide

A Loxley



Iron Grip Strength Guide:

Unveiling the Power of Verbal Art: An Mental Sojourn through **Iron Grip Strength Guide**

In a global inundated with screens and the cacophony of quick communication, the profound energy and psychological resonance of verbal art often diminish in to obscurity, eclipsed by the constant onslaught of sound and distractions. However, set within the lyrical pages of **Iron Grip Strength Guide**, a captivating perform of fictional elegance that impulses with organic thoughts, lies an unforgettable trip waiting to be embarked upon. Penned by way of a virtuoso wordsmith, this exciting opus guides readers on a psychological odyssey, gently exposing the latent possible and profound affect embedded within the intricate internet of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is key themes, dissect their interesting publishing fashion, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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