## HAND STRENGTH GRIP EXERCISE GUIDE

#### PALM SQUEEZE



Start: Place Hand Grip in paim 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 Ginp 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 aqueeze Hand Orip with fingers and thumb. Hold for 1-2 seconds, release, and repeat.

#### WRIST BEND (DOWN)



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



Finish: Keep hand signed with what and foresem 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 paim 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 tingers and thumb.



Finish: Keep hand sligned 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: Piace Hand Grip in palm of hand. Align hand with wrist and forearm in a palm-up position and gently grasp with bent langers and thumb.



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

# **Iron Grip Strength Guide**

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