

# 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.

# The Grip Pdf

**O García**



**The Grip Pdf:**

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