

# GRIP STRENGTHENING EXERCISE BOOKLET



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## 1. Primary exercises

### Goal:

Hand muscle stiffness, pain relief

### Applicable people:

Stroke, arthritis, basic function recovery exercises for patients with hand injuries

## 2. Intermediate exercises

### Goal:

Exercises for hand strength and finger dexterity

### Applicable people:

String musicians, white-collar workers in the workplace, those with stiff hand muscles, and those who enhance hand strength

## 3. Advanced exercises

### Goal:

Hand strength and endurance exercises

### Target:

Climbers, athletes and other hand strength

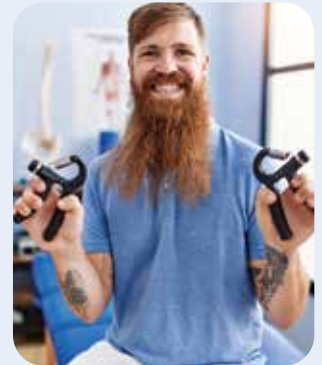
# 1. Primary exercises

## Goal:

Hand muscle stiffness, pain relief

## Applicable people:

Stroke, arthritis, basic function recovery exercises for patients with hand injuries



## How to tell if you're exercising at the right level

It can be helpful to rate your pain on a scale of 10 (0 being no pain and 10 being the worst pain you have ever experienced), for example:

- 0 ~ 3 - minimal pain
- 4 ~6 - acceptable pain
- 7 ~ 10 – very painful

Keep your pain scale below 6. If your pain exceeds this level, you can change your exercises by:

- Reduce the number of movement
- Reduce speed of movement
- Rest periods between movements

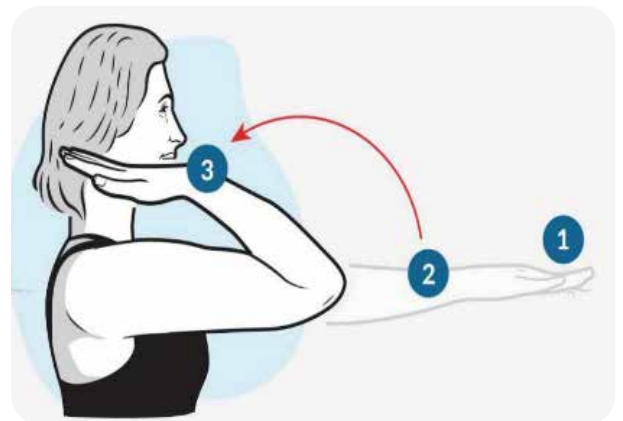
## Exercise 1. Shoulder Stretch

Place the arm in the position shown in the picture and press with one hand. Hold the other elbow for 30 seconds. Switch to the other side.



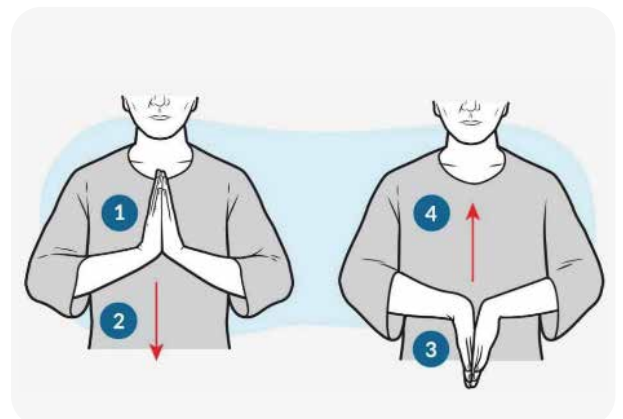
## Exercise 2. Elbow flexion and extension

Raise your hands flat, palms up, flex your hands. Elbow, touch shoulder alternately left and right, left and right 15 times each.



## Exercise 3. Worship Buddha

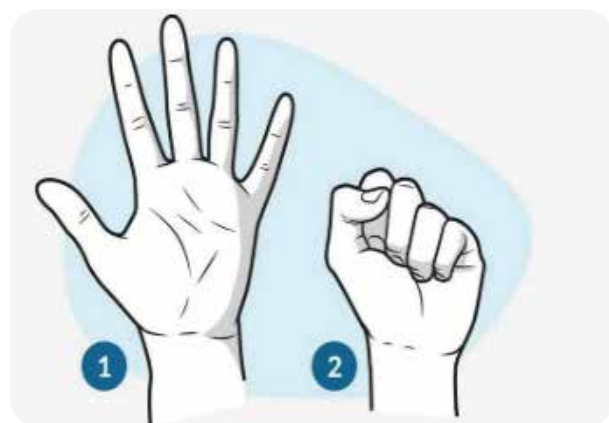
Put your hands together in front of your chest, arms slightly Forcefully, make circular motions with palms in front of your chest, Total 15 times.



## Exercise 4.

### Spread your fingers

Repeat the clenching action, try to clench the fist as hard as possible, left and right 15 times each hand.



## Exercise 5.

### Wrist flexion

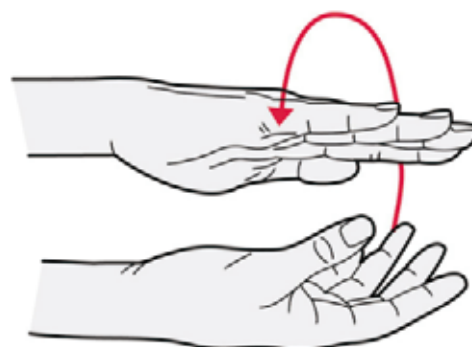
Place your forearms on the table with your hands hanging over the edge, Palm down. Keeping your finger relaxed, move up Hold your hands until you feel a slight stretch, then Return to the starting position. Practice 15 times for each hand.



## Exercise 6.

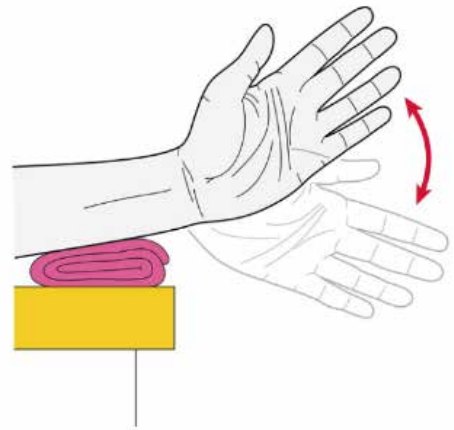
### Wrist rotation

Arms held flat, palms facing down. rotate the forearm, Keep your palms facing up, then down. left and right hand Practice 15 times.



## Exercise 7. Waving

Forearm resting on table, hand hanging over edge, outstretched palm, with the entire hand in the direction of the thumb Wave repeatedly. Practice 15 times for each of the left and right hands.



## Exercise 8. Finger Stretching

Spread a sheet of paper on the table, covering the palm of your hand On the paper, by moving 5 fingers, move the paper Knead into a paper ball.



Note: The above exercises are also effective in preventing arthritis and joint pain

## 2. Intermediate exercises

### Goal:

Exercises for hand strength and finger dexterity

### Applicable people:

String musicians, white-collar workers in the workplace, those with stiff hand muscles, and those who enhance hand strength



### Exercise 1. Squeeze-1

Put the FitBeast bouncy ball in the palm of your hand and slowly Squeeze the bouncy ball as hard as you can, hold for 3 seconds, and return to the original shape. 20 times for each hand.



### Exercise 2. Pinch-1 with your fingers

Hold the FitBeast bouncy ball with your thumb and forefinger, slowly Squeeze the bouncy ball as hard as you can, hold for 3 seconds, and return to the original shape. Then replace the fingers in turn.



### **Exercise 3.**

#### **Finger Stretching-1**

Put the FitBeast finger elastic on your finger, open your arms vigorously, hold for 3 seconds, recover Original state, 20 times each for the left and right hands.



### **Exercise 4.**

#### **Squeeze fingers sideways**

Place the FitBeast bouncy ball between any fingers, Squeeze the bouncy ball hard, hold for 3 seconds, recover undisturbed.



### **Exercise 5.**

#### **Grip exercise**

Adjust the FitBeast grip to the appropriate resistance, Squeeze the handle slowly so that the handles on both sides meet, Hold for 3 seconds and return to original shape.



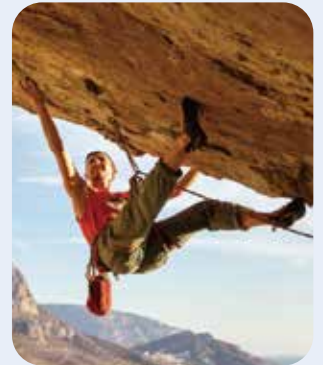
### 3. Advanced exercises

#### Goal:

Hand strength and endurance exercises

#### Target:

Climbers, athletes and other hand strength



#### Exercise 1.

##### Squeeze-2

Place the FitBeast elastic ring in the palm of your hand, Squeeze the elastic ring hard, hold for 3 seconds, recover Original state, left and right hands, practice 30 times each



#### Exercise 2.

##### Pinch with fingers-2

Put the FitBeast elastic ring thumb and any finger between, squeeze the elastic ring firmly, hold for 3 seconds, Return to the original shape and practice 5 times for each finger. in turn Complete each finger exercise



### **Exercise 3.**

#### **Finger separation exercise**

Place the FitBeast between your five fingers (as shown in the picture), Index finger, middle finger, ring finger, little finger, press in turn, and hold for 3 seconds.



### **Exercise 4.**

#### **Finger Stretching-2**

The palm is half-covered on the tabletop, above the fingers, Cover a thick book, and then lift up your fingers one by one, Push the book out of the back of the hand.



### **Exercise 5.**

#### **Finger strength-1**

With a thumb and any finger, hold the FitBeast Pinch up the forcer and press down firmly until the grip The handles touch together, stay for three seconds, each Finger exercises 5 times.



## **Exercise 6.**

### **Holding strength**

Find a dumbbell plate of the right weight with a five-finger pinch Lift the dumbbell, keep it off the ground for 5 seconds, replace The other hand, a total of 5 times.



## **Exercise 7.**

### **Arm Strength Exercises**

Find a shovel, place a heavy object on the shovel, and lean over Squat down, hold the other end of the shovel with one arm, and forcefully Lift the shovel off the ground and hold for 5 seconds. can proceed Repeated practice, the weight of the shovel can be adjusted according to the training effect fruit increase.

