















FitBeast stands as a vanguard in hand health and strength training products, consistently topping Amazon's bestseller list for hand strength enhancement and earning global customer acclaim. Since our inception, we've been devoted to augmenting hand strength and agility with science-based products. Our R&D team, composed of experts in biomechanics and ergonomics, meticulously develops tools for a broad spectrum of users, from professional athletes to recovering patients. The release of our book is yet another testament to our commitment to human health. We aspire to offer comprehensive guidance to those seeking to improve their hand strength and dexterity.

Johnny CEO



# ■ Sergei Poljak Skiier, Rock Climber, Mountain biker

As an athlete, I've always focused on strength and agility,but honestly, I used to overlook my hands and forearms until I found this manual. Now, it's a core part of my daily practice. Whether you're recovering or aiming to boost performance, I'm here to tell you: this book is the real deal. I swear by it for that competitive edge.







- Board Certified & Licensed Medical Doctor

For my patients experiencing arm or hand discomfort, this manual is an excellent reference to empower them with the knowledge and tools for self-management. It's a digestible read that demystifies pain and mechanical dysfunctions, offering practical, everyday solutions for pain relief and hand dexterity. An insightful guide that enhances the patient's role in their own care.





# Allie, robinson

#### **NASM** certified Personal Trainer

Let's talk brass tacks about hand health. I've coached countless clients and seen firsthand what focusing on our forearms can do. It's transformational! This guide has been my playbook, and I promise, it'll be yours too. Together, let's tackle those goals with hands that hold on to victory.



# **TABLE OF CONTENT**

<ul><li>1.Manual Instructions</li><li>2.Understanding Our Forearms and Hands</li></ul>	1 3
Section on Pain Relief and Rehabilitation fo Common Hand Diseases	r 11
<ul> <li>3.What to Do if You Develop Tenosynovitis?</li> <li>4.How to Alleviate Pain from Golfer's Elbow?</li> <li>5.How to Relieve Pain from Tennis Elbow?</li> <li>6.How to Alleviate Wrist Strain?</li> <li>7. How to Alleviate Wrist Joint Syndrome?</li> <li>8.Rehabilitation Training for Hand Arthritis</li> <li>9.Hand Training for Stroke Patients</li> </ul>	12 18 24 31 37 45 52
Hand Strength Enhancement Section	61
10.Hand Massage and Relaxation 11.Exercises to Enhance Finger Strength	64 73

12.Exercises to Enhance Grip Strength	83
13.Exercises to Strengthen the Wrist	93
14.Exercises to Increase Hand Endurance	90
15.Hand Flexibility Exercises	10
16.Forearm Strength Enhancement	11

# **Manual Instructions**

Dear Reader, before you start exploring this manual, please read these instructions carefully to better understand its content. The manual is divided into three sections:

The first section introduces the anatomical structure of the hands and forearms, illustrating the muscle distribution and functions, aiding in understanding their roles in daily hand activities.

The second section focuses on rehabilitation, outlining common hand diseases and injuries, and how hand exercises can restore functionality or alleviate pain.

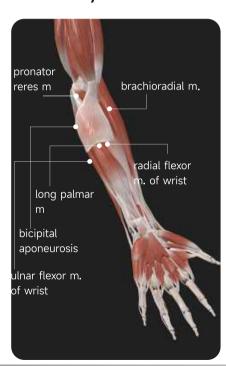
The third section covers hand strength training, presenting over 50 exercise methods for different needs like finger, grip, wrist, forearm strength, and hand endurance. These cater to six core groups needing hand training, aiming to enhance their performance in daily life and sports.

We hope that FitBeast's products and this manual help you achieve unprecedented hand strength.

# 2. Understanding Our Forearms and Hands

## 1. Anterior Group of Forearm Muscles

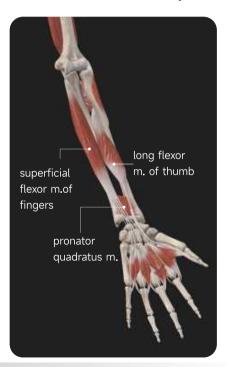
(1) First Layer



(2)Second Layer



(3) Third and Fourth Layers

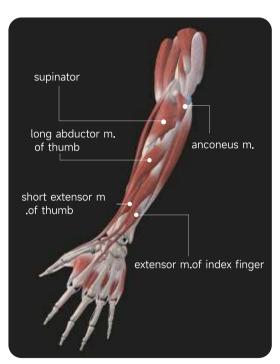


# 2. Posterior Group of Forearm Muscles

#### (1) Superficial Layer

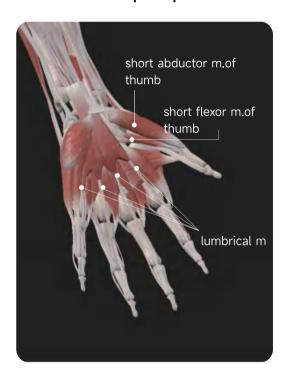


## (2)Deep Layer

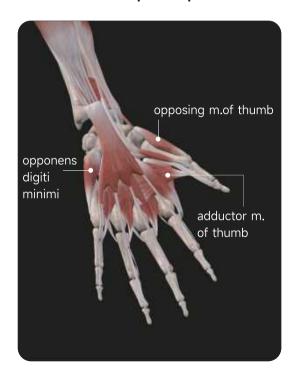


#### 3. Hand Muscles

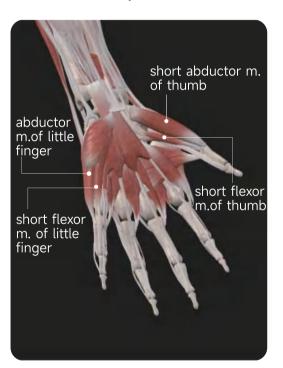
#### (1) Lateral Group (Superficial)



#### (2) Lateral Group (Deep)



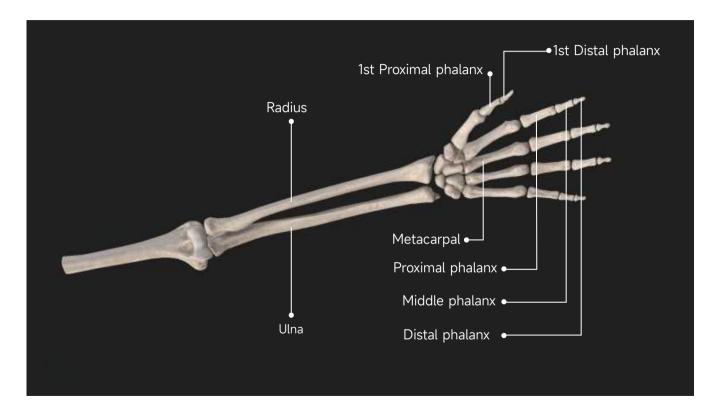
## (3) Medial Group



### (4) Dorsal Group



#### 4. Bone Structure of Forearm and Hand



# **5.Arm Muscles and Their Functions**

Body Part	Muscle Group	Layer	Muscle Name	Function
		First Layer (Superficial, from Radial to Ulnar Side)  Pronator Teres  Flexor Carpi Radialis  Palmaris Longus	Brachioradialis	Flexes elbow joint, pronates and supinates forearm. Innervated by the radial nerve.
			Pronator Teres	Pronates forearm and assists in elbow flexion.
			Flexor Carpi Radialis	Assists in elbow flexion and participates in forearm rotation.
Forearm Muscles	Anterior Group of Forearm Muscles		Tenses the palmar aponeurosis, stabilizes wrist position, prevents compression of palmar vessels and nerves due to prolonged force (e.g., gripping).	
	(9 Muscles)		Flexor Carpi Ulnaris   significant thumb movement.	Stabilizes wrist joint, facilitates significant thumb movement. Innervated by the ulnar nerve.
		Second Layer (Superficial)	Flexor Digitorum Superficialis	Flexes elbow, wrist, metacar- pophalangeal, and proximal in- terphalangeal joints.
		Third Layer (Deep)	Flexor Digitorum Profundus	Flexes 2-5 finger joints, inter- phalangeal and metacarpoph- alangeal joints.
			Flexor Pollicis Longus	Flexes thumb, innervated by the median nerve.
		Fourth Layer (Deep)	Pronator Quadratus	Pronates the radius, innervated by the median nerve.

Body Part	Muscle Group	Layer	Muscle Name	Function
		Superficial Layer (5 Muscles, from Radial to Ulnar Side)	Extensor Carpi Radialis Longus	Extends and abducts wrist, slight elbow flexion. Innervated by the radial nerve.
			Extensor Carpi Radialis Brevis	Extends wrist, innervated by the radial nerve.
			Extensor Digitorum	Extends fingers and wrist, abducts wrist, slight elbow flexion. Innervated by the radial nerve.
Forearm Muscles	Posterior Group of Forearm Muscles (10 Muscles)		Extensor Digiti Minimi	Extends little finger, abducts wrist, slight elbow flexion. Innervated by the radial nerve.
			Extensor Carpi Ulnaris	Extends and adducts wrist, in- nervated by the radial nerve.
		Deep Layer	Supinator	Supinates forearm.
			Abductor Pollicis Longus	Extends thumb and abducts wrist.
		(5 Muscles, all innervated by the radial	5 Muscles, Ill innervated by the radial terve)  Extensor Pollicis Brevis  Extensor Pollicis Extends the first phate thumb, abducts thum the properties of th	Extends the first phalanx of the thumb, abducts thumb.
		nerve)		Extends the thumb and facilitates the hand's abduction.
			Extensor Indicis	Extends index finger and wrist.

	<b>Body Part</b>	Muscle Group	Layer	Muscle Name	Function
				Abductor Pollicis Brevis	Flexes and abducts thumb, in- nervated by the median nerve.
7		Lateral Group (Thenar Muscles) (4 Muscles)	/ Plexor Pollicis Brevis  Opponens Pollicis  Adductor Pollicis	Flexor Pollicis Brevis	Flexes and adducts thumb.
				Opponens Pollicis	Adducts and opposes thumb to the palm, innervated by the ulnar nerve.
				Moves thumb towards little finger and other fingers, adduction, innervated by the median nerve.	
JAIN UISEASES	Hand Muscles	Intermediate Group of Hand Muscles (4 Muscles)	I	Lumbrical Muscles	Flex metacarpophalangeal joints, extend middle and distal phalanges. The first and second lumbricals are innervated by the median nerve, third and fourth by the ulnar nerve.
		Medial Group (Hypothenar Muscles) (3 Muscles)	Minimi Flexor D Brevis	Abductor Digiti Minimi	Abducts little finger, flexes metacarpophalangeal joint, extends interphalangeal joints, innervated by the ulnar nerve.
				Flexor Digiti Minimi Brevis	Flexes the metacarpophalangeal joint of the little finger, innervated by the ulnar nerve.
				Opponens Digiti Minimi	Moves little finger towards the palm innervated by the ulnar nerve.
		Interosseous Muscles		Palmar Interossei (3 Muscles)	Adducts index, ring, and little fingers towards the middle finger, innervated by the ulnar nerve.
			I	Dorsal Interossei (4 Muscles)	Abducts the 2nd and 4th fingers away from the middle finger, flexes metacarpophalangeal joints, extends middle and distal phalanges. Innervated by the ulnar nerve.

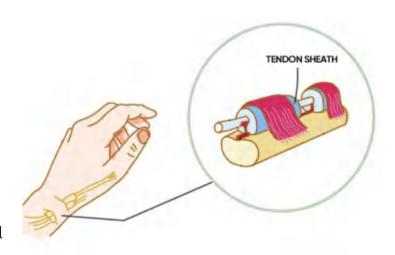


# 3. What to Do if You Develop Tenosynovitis?

Lucas, an IT professional, recently experienced faint pain at the root of his right thumb, sometimes accompanied by a snapping sound when bending or straightening his fingers, or even getting "stuck". He was diagnosed with "flexor tendon stenosis tenosynovitis".

# 1. What is Tenosynovitis?

A tendon sheath is a protective film surrounding the tendon, containing synovial fluid to reduce friction dur-ing movement. Tenosynovitis occurs when repetitive, excessive tendon activity causes friction between the tendon and its sheath, leading to inflammation and fibrous degeneration. This condition is common among those who frequently type, bank staff, musicians, and manual laborers.



HAND STRENGTH ENHANCEMENT

#### 2. Exercises for Relief

# (1) Wrist Extensor Stretch (3 sets/day, 30 seconds each)

Stand, extend the affected arm, palm against the wall, hold for 30 seconds when arm feels stretched. Repeat 3 times a day.





#### (2) Wrist Flexor Stretch

Stand, extend the affected arm, back of the hand against the wall, hold for 30 seconds when arm feels stretched. Repeat 3 times a day.

#### (3) Wrist Extensor Strength Exercise

Bend elbows, arms fixed on a flat surface, wrists hanging. Hold a dumbbell or water bottle with palms facing down, extend wrists to the maximum slowly. Repeat 15 times for 3 sets.





#### (4) Wrist Flexor Strength Exercise

Bend elbows, arms fixed, wrists hanging, palms up holding a dumbbell or water bottle. Flex wrists to the maximum slowly. Repeat 15 times for 3 sets.

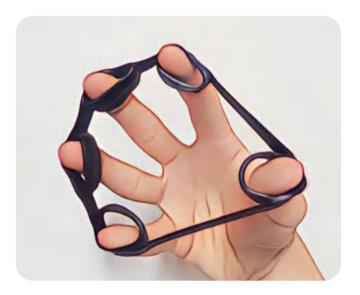




# (5) Finger Tension Exercise

Use a finger band for finger expansion exercises. Perform 15 times for 3 sets.





### 3. Preventing Tenosynovitis

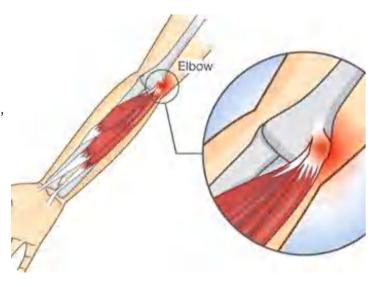
- (1) Avoid prolonged holding of children, items, or wringing clothes.
- (2) Limit continuous working hours, massage fingers and wrists afterward.
- (3) Avoid cold water exposure post-diagnosis, actively seek treatment.
- (4) For long-term desk workers, maintain correct posture, balance hands, wrists should touch objects, not hang.
- (5) Rotate wrist joints 360 degrees, clench and relax hands repeatedly; finger and palm counterpressure can alleviate hand soreness.
- (6) Use tools carefully, avoid pressure on the base of the wrist, utilize elbows and shoulders.

# 4. How to Alleviate Pain from Golfer's Elbow (Medial Epicondylitis)?

Noah, a 40-year-old male and golf enthusiast, experienced pain in the inner side of his right elbow joint, with difficulty in gripping, bending the wrist, and lifting heavy objects. Diagnosed with golfer's elbow.

#### 1. What is Golfer's Elbow?

It's a chronic, non-infectious inflammation caused by damage to muscles and tendons controlling the wrist and fingers, often linked to overuse or repetitive strain, particularly intense wrist and finger movements. Improper lifting, throwing, or striking movements, and inadequate warm-up or poor physical condition can also lead to golfer's elbow.

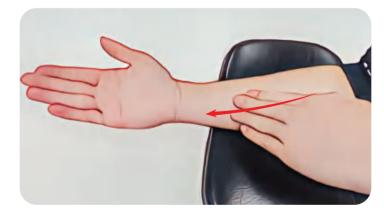


# 2. Alleviating Golfer's Elbow

- (1) Rest: Reduce elbow and wrist activities, especially those causing pain.
- (2) Change habits: Shift from gripping to cradling objects.
- (3) Ice compress: Apply ice wrapped in a towel to the outer elbow for 15-20 minutes, 4-6 times a day during acute pain.
- (4)Protective gear: Use a circular band for muscle band fixation on the upper middle forearm, preventing muscle pull at the wrist and finger extensors' origin during movements.
- (5) Release wrist flexor muscles (5 minutes on affected side)

**Step 1:** Rub and release wrist flexor 3 times, scrape from elbow to wrist while ex-

scrape from elbow to wrist while ex tending the joint.



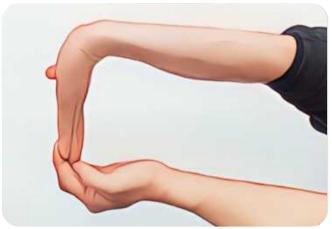


**Step 2:** While extending the wrist, identify all the tender points on the arm, and then gently massage these points with your fingertips for 15 seconds.

**Step 3:** Repeat for a total of 5 minutes.

# (6) Wrist flexor stretching (6 sets, 30 seconds each on affected side)

Extend affected arm, wrist extended, press affected hand with healthy hand to the maximum bearable limit, hold for 30 seconds.



#### (7) Elbow joint rotation stretching (4 sets each direction, 30 seconds each)

Supination: Bend and fix the elbow joint, rotate arm backward/forward with healthy hand to the maximum limit, hold for 30 seconds.





Pronation: Bend and fix the elbow joint, rotate arm backward/forward with healthy hand to the maximum limit, hold for 30 seconds.

### (8) Wrist flexor muscle training (5:3, 15 repetitions per set)

Train with a certain weight (dumbbell, water bottle), palms up, from extended to flexed position. Alternate between affected (5 sets) and healthy side (3 sets).





#### (9) External rotator muscle group training (5:3, 20 repetitions per set)

Lie on your side, upper body straight, hips and knees bent. Hold weight and perform forearm external rotation exercises, 5 sets on affected, 3 sets on healthy side.





# 3. Preventing Golfer's Elbow

Strengthen forearm muscles using a tennis ball or grip ball. Stretch before exercise, walk or jog to warm up muscles. Know when to rest to avoid overusing the elbows.

# 5. How to Alleviate Pain from Tennis Elbow (Lateral Epicondylitis of the Humerus)?

Emma, a 35-year-old female violinist, recently experienced pain on the outer side of her left elbow joint. Sometimes the pain spreads to the entire outer arm and becomes particularly noticeable when wringing towels or lifting heavy objects. After a medical examination, she was diagnosed with lateral epicondylitis of the humerus, commonly known as "tennis elbow."

# 1. What is Lateral Epicondylitis?

Also known as "tennis elbow," it involves long-term, repeated strong contractions and traction of the muscles responsible for extending the wrist and fingers. This leads to acute or chronic cumulative injuries at the origin of these muscles on the lateral epicondyle of the humerus, causing tearing, bleeding, organization, adhesion, and forming aseptic inflammation. It's common in activities involving repetitive wrist and hand movements, such as playing tennis, badminton, table tennis, violin, piano, construction work, and prolonged desk or computer use.



# 2. Alleviating Lateral Epicondylitis

- (1) Rest: Reduce activities that cause pain in the elbow and wrist.
- (2) Change movement habits: For instance, switch from gripping to cradling objects.
- (3) Ice compress: Apply an ice pack wrapped in a towel to the outer side of the elbow for 15-20 minutes, 4-6 times a day during acute pain phases.
- (4) Protective gear: Use a circular band for muscle band fixation on the forearm, preventing muscle pull at the origin during hand and wrist movements.
- (5) Release of wrist extensor muscle group (5 minutes on the affected side)

**Step 1:** Gently scrape from the elbow towards the wrist while the wrist is suspended, and simultaneously slowly flex the wrist joint.







**Step 2:** Find all tenderness points on the wrist extensor and press gently with fingertips for about 15 seconds.

**Step 3:** Repeat for a total of 5 minutes.

# (6) Wrist extensor stretching (4 sets of 30 seconds each on the affected side)

Extend the affected arm, bend the wrist, and use the healthy hand to assist in pressing the affected hand to its maximum capacity for 30 seconds.



#### (7) Elbow joint rotation stretching (4 sets in each direction, 30 seconds each)

Supination: Rotate the arm backwards and forwards to the maximum limit with the help of the healthy hand, maintaining each position for 30 seconds.





Pronation: Rotate the arm backwards and forwards to the maximum limit with the help of the healthy hand, maintaining each position for 30 seconds.

# (8) Triceps stretching (4 sets of 30 seconds each on the affected side)

Press the affected arm downwards to its maximum extent with the help of the healthy hand and hold for 30 seconds.

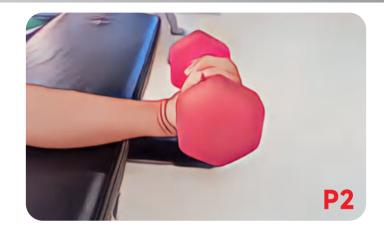




(9) Wrist flexion and extension muscle strength training (5:3 ratio, 20 repetitions per set)

Train with a certain weight (dumbbells, water bottles), with palms facing up, moving the wrist from an extended to a flexed position. Alternate between the affected side (5 sets) and the healthy side (3 sets).(P1,P2)

Train with a certain weight (dumbbells, water bottles), with palms facing down, moving the wrist from an extended to a flexed position. Alternate between the affected side (5 sets) and the healthy side (3 sets).(P3,P4)







## 6. How to Alleviate Wrist Strain?

Ava, a 30-year-old female volleyball player, has been experiencing continuous pain in her right wrist joint for the past month, mainly characterized by soreness and dull pain in the front of the wrist. The symptoms worsen in cold weather but are relieved after applying heat.

#### 1. What is Wrist Strain?

Wrist strain is essentially a sterile inflammation, mainly manifesting as pain, tenderness, and functional impairment in the wrist. It is often caused by long-term, frequent repeti-tion of specific actions, leading to overuse. Wrist strain typically occurs among people engaged in prolonged manual work and can also result from direct or indirect trauma without proper rehabilitation, leading to lingering issues.



## 2. Alleviating and Rehabilitating Wrist Strain

- (1) Avoid movements that cause pain and rest.
- (2) Wrist stretching (6 sets of 30 seconds each for flexion and extension on the affected side)

Extend the affected arm and bend the wrist, using the healthy hand to assist in pressing the affected hand to its maximum capacity for 30 seconds in each position.



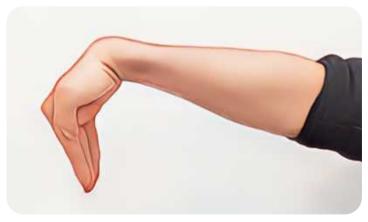


Extend the affected arm and extend the wrist, using the healthy hand to assist in pressing the affected hand to its maximum capacity for 30 seconds in each position.

#### (3) Wrist joint training (4 sets on each side, 10 repetitions per set in each direction)

Wrist Extension: Extend your arm with the palm facing down, ensuring the arm and hand are level, which is the starting position. Then, slowly extend the wrist (tilt the hand upwards) to its maximum limit, before returning to the initial position with the hand and arm level. Perform this 10 times.





Wrist Flexion: Extend your arm with the palm facing downwards, keeping your hand and arm on the same horizontal plane. This is the starting position. Then, slowly flex your wrist (bend your hand downwards) to its maximum extent and return to the initial position where the hand is level with the arm. Perform this 10 times.

Ulnar Deviation: Extend your arm, keeping your hand and arm level as the starting position. Then bend the wrist towards the direction of the little finger (the ulnar side), and afterwards, return to the starting position where the hand is level with the arm. Repeat this 10 times.



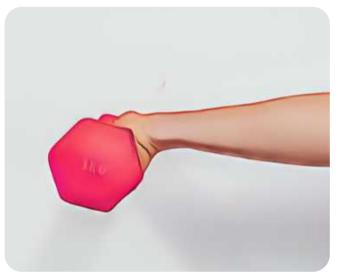


Radial Deviation: Extend the arm, keeping it level with the hand as the starting position. Then, bend the wrist towards the thumb side (radially), and subsequently return it to the initial position, level with the arm. Repeat this action 10 times.

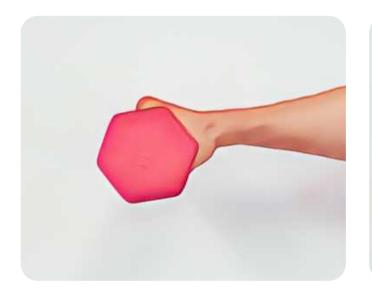
(4) Wrist flexion and extension muscle group training (5:3 ratio, 15 repetitions per set)

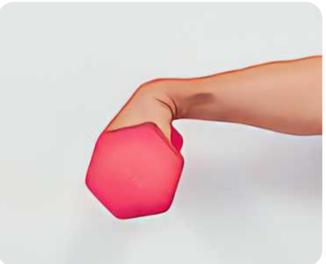
Perform training with arms extended, holding a weight with the palms facing up, moving from flexed to level position with the arm. Alternate between affected (5 sets) and healthy (3 sets) sides.





Perform training with arms extended, holding a weight with the palms facing down, moving from flexed to level position with the arm. Alternate between affected (5 sets) and healthy (3 sets) sides.



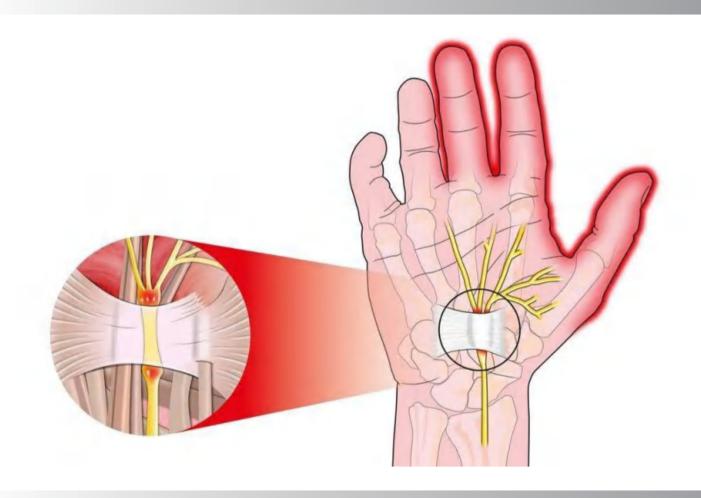


## 7. How to Alleviate Carpal Tunnel Syndrome?

Mateo, a 55-year-old chef, has experienced numbness and pain in his right thumb, index finger, and middle finger for the past three months. Symptoms are milder during the day but often worsen at night, sometimes waking him up. Shaking his arm reduces the numbness, but he often feels his right fingers are weak and unresponsive.

#### 1. What is Carpal Tunnel Syndrome?

The carpal tunnel is a fibrous bone structure formed by the carpal bones and transverse carpal ligament. It contains nine tendons and the median nerve. When the volume inside the tunnel increases, it raises the pressure within, compressing the median nerve. This nerve innervates the thumb, index, and middle fingers. Carpal tunnel syndrome is generally caused by frequent hand or wrist movements and is more common in women, often related to household chores, excessive and frequent use of fingers or wrists.



### 2. Alleviating and Rehabilitating Carpal Tunnel Syndrome

(1) Wrist stretching (6 sets of 30 seconds each for flexion and extension on the affected side)

Extend the affected arm, bend or extend the wrist, using the healthy hand for assistance, allowing the affected wrist to reach its maximum capacity for 30 seconds





Extend the affected arm, bend or extend the wrist, using the healthy hand for assistance, allowing the affected wrist to reach its maximum capacity for 30 seconds

#### (2) Wrist flexor sliding (4 sets of 15 repetitions on the affected side)

Extend arms, maintain wrist joint at about 30 degrees, flex fingers joint by joint, then extend.



#### (3) Finger training

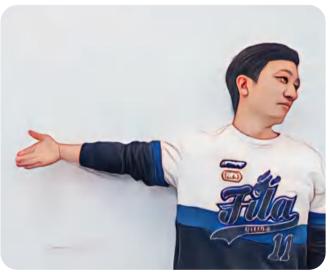
Extend arms, pinch thumbs and fingers in sequence, cycle 3 times for one set, perform 6 sets. Can be done with both hands simultaneously.



#### (4) Median nerve sliding (4 sets of 30 repetitions on the affected side)

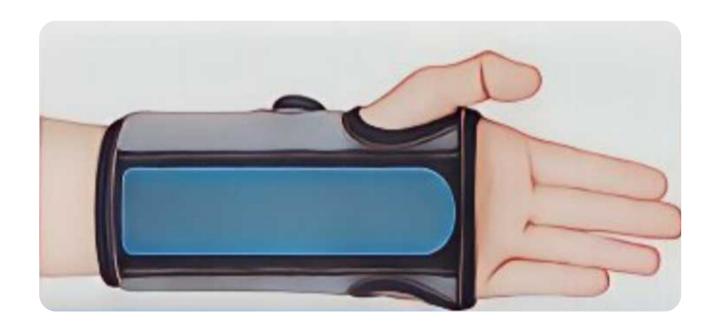
Lie flat, extend the affected arm, keep the head centered, bend the wrist and tilt the head to the opposite side, then restore. Repeat 30 times per set.





#### (5) Wearing braces at night

Wear a brace with the wrist extended at 30 degrees, as this position minimizes pressure inside the wrist.



## 3. Preventing Carpal Tunnel Syndrome

Reduce excessive use of the wrist.

Avoid prolonged and excessive flexion and extension of the wrist.

For long-term desk workers, relax the wrist every 1-2 hours to alleviate fatigue.

## 8. Rehabilitation Training for Hand Arthritis

Nova, aged 65, has experienced stiffness in her fingers in the morning for the past few years, which eases after moving her fingers. Recently, she noticed her finger joints have become noticeably thicker and slightly bent, causing significant pain during activities. After medical examination, she was diagnosed with osteoarthritis.

#### 1. What is Arthritis?

Osteoarthritis is a degenerative joint disease that commonly affects the elderly, especially in load-bearing and frequently moved joints. It typically presents as slowly developing joint pain, swelling, limited mobility, and joint deformities.



## 2. Rehabilitation Training for Arthritis

#### (1) Finger Joint Bending

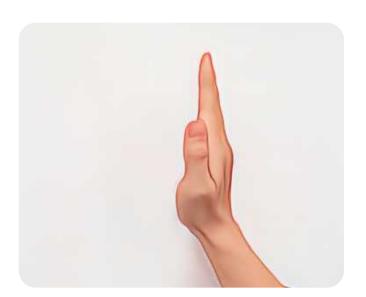
Extend hands with fingers together. Slowly bend the middle joint of each finger and then extend. Perform 10 repetitions for one set, and complete 3 sets daily for each hand.





#### (2) Fist Stretching

Place arms, wrists, and hands on a table. Extend hands with fingers together. Slowly bend fingers into a fist, with the thumb outside the other fingers, and then slowly open. Perform 10 repetitions for one set, and complete 3 sets daily for each hand.





#### (3) Thumb Stabilization

Extend hands with fingers together. Slowly bend fingers as if holding a mineral water bottle, and then slowly open. Perform 5 repetitions for one set, and complete 3 sets daily for each hand.





(4) Interfinger Touching

Extend the hand with fingers together, then gently touch the spaces between each finger with the thumb, forming a circle. Hold each touch for five seconds. Complete this cycle for one set, and perform 3 sets.





#### (5) Finger Walking Exercise

Place the hand on a flat surface, palm down, fingers naturally apart. Starting with the index finger, lift and move towards the thumb, followed by the middle, ring, and little fingers. Moving all fingers counts as one set, complete five sets.



HAND STRENGTH ENHANCEMENT

### 3. Preventing Finger Joint Arthritis

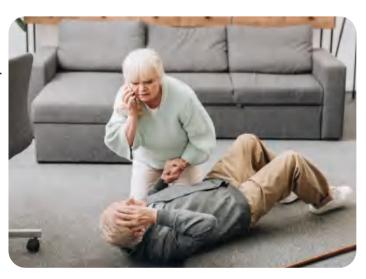
- (1) Strengthen physical exercise to improve immunity. Particularly important for those working long hours at computers; they should take time daily to move their finger joints.
- (2) Take moderate rests and avoid repetitive movements. Overuse and prolonged repetitive actions can burden the joints, harming joint health.
- (3) Apply heat. When joints are uncomfortable or painful, use a hot towel on the finger joints to help relieve stiffness.
- (4) Massage gently. When hand joints are uncomfortable, gently massage painful joints for about 10 seconds, relax and repeat multiple times to relieve finger pain or swelling.

## 9. Rehabilitation Training for Stroke Patients

Samuel, 55, was recently diagnosed with a stroke and is now stabilizing. The stroke significantly impacted his life, leaving him unable to open his fingers and with weakness in his left side, as well as loss of balance and coordination. Following his doctor's advice, he has started rehabilitation exercises for his hand function.

#### 1. What is a Stroke?

Stroke is brain damage caused by interruption or significant reduction in the brain's blood supply. It leads to cell death within minutes due to cut-off oxygen and nutrient supply. Thus, it's an emergency medical event requiring immediate diagnosis and treatment. Risks include heavy alcohol consumption, illegal drug use (like cocaine, methamphetamine), increased red blood cell count, and migraines with aura.



#### 2. Hand Function Rehabilitation Exercises for Stroke Patients

#### (1) Wrist Bending and Stretching

Place the arm on a flat table and gently clench a fist. Place obstacles on either side of the hand, bend and extend the wrist slowly, touching the obstacles alternately. Practice several times a day.



#### (2) Wrist Lifting

Place the arm on the table, holding a paper cup. Keep the arm still, lift the cup slowly, aligning it with the arm. Practice multiple times daily.





### (3) Finger Flexibility Exercises

a. Fist clenching and opening practice.





b. Gesturing numbers "1" and "3."





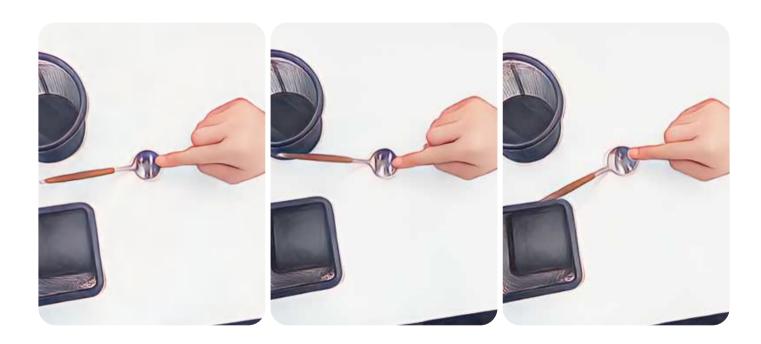
c. Thumb pinching - pinching each finger with the thumb in turn.





#### (4) Finger Stability

Use a spoon, extend a finger, press the spoon to lift the handle, control the handle to swing left and right, touching obstacles on both sides.



(5) Fine Motor Skills Exercise

Place coins on a table, pick them up one by one with one hand and collect them in the palm. Then, remove them one by one and toss them into a container on the table. Complete with one hand, practice multiple times a day.





#### **3. Preventing Stroke**

#### (1) Method 1: Engage in Intense Physical Activities:

Activities like fast swimming, singles tennis, cycling (>16 km/h), skipping rope, brisk walking or hill climbing, sports (football, volleyball, basketball), and moving heavy objects (>20 kg). Exercise for less than 30-40 minutes at a time, totaling at least 75 minutes weekly.

#### (2) Method 2: Engage in Less Intense Physical Activities:

Activities like brisk walking, cycling (<16 km/h), stair climbing, cleaning, water aerobics, and doubles tennis. Exercise for less than 30-40 minutes at a time, totaling at least 150 minutes weekly.



## **Targeted Exercise Index Table for Different Populations**

	<u>J</u>						I	•	
	Exercise Items						Difficulty		
Type of Individual	Finger Strength Enhancement Exercises	Grip Strength Enhancement Exercises	Wrist Strength Enhancement Exercises	Hand Endurance Enhancement	Forearm Strength Enhancement Exercises	Forearm Strength Exercise	Level	Training Goal	Precautions
Patients with Hand Functior Impairment	Finger separator press raining Squeezing training with grip ball Rapid and slow extension exercises with finger bands Resistance exercises withfingerbands (types 1 and 2)	Rapid and slow press exercises with grip strengtheners Squeezing training with grip ball Rapid and slow press exercises with grip rings	Rolling grip ball exercise Ulnar deviation exercise Radial deviation exercise Wrist flexion Wrist extension	with grip rings Stretching endurance training with finger bands Squeezing endurance training with grip ball	Random finger lifting exercise Sequential and random press exercises with finger strengtheners	Twist bar rotation exercises (types1 and 2) Supination and pronation exercises with wist bar Radial deviation exercise with twist bar Ulnar deviation exercise with twist bar with twist with t	2 Stars	Restore basic hand functions and funda- mental strength, such as gripping, holding, pinching, and coordination between fingers.	intensity and high
Post-Surgery/ Injury Strength Recovery	with finger bands Resistance exercises with finger bands (types 1 and 2)	Rapid and slow press exercises with grip strengtheners Squeezing training with grip ball Rapid and slow press exercises with grip rings	Rolling grip ball exercise Ulnar deviation exercise Radial deviation exercise Wrist flexion Wrist extension	Five-finger press endurance training withfinger strengtheners Single-finger press endurance training with grip rings Stretching endurance training with finger bands Squeezing endurance training with grip ball	Fist-palm exercise Finger spreading and closing exercise Sequential finger lifting exercise Random finger lifting exercise Sequential and random press exercises with finger strengtheners	Twist bar rotation exercises (types 1 and2) Supination and pronation exercises with wist bar Radial deviation exercise with twist bar Ulnar deviation exercise with twist bar the wist bar	2 Stars		
ing Hand	Pressing exercises using finger separators Squeezing exercises with a grip ball Press exercises with a grip circle using all five fingers Quick and slow stretching exercises with finger bands Resistance exercises 1 and 2 with finger bands	Quick and slow pressing exercises with grip circles Press exercises using grip strengtheners (forehand and backhand) Rolling grip ball exercises towel pull-ups	Ulnar and radial deviation exercises Wrist flexion and extension	Five-finger and singlefinger press endurance exercises with grip circles Stretching endurance training with finger bands Squeezing endurance exercises with grip ball	Fist to palm exercises Finger together and apart exercises Sequential and random finger lifting exercises Sequential and random pressing exercises with finger strengtheners	twist bar Radial and ulnar deviation exercises	3 Stars	Improve hand functions, prevent decline in hand functionality and strength, and maintain normal hand strength.	1.Start with easy exercises and gradually progress to more challenging ones. 2.Keep the intensity low and frequency high.

## **Targeted Exercise Index Table for Different Populations**

		Exercise Items							
Type of Individual	Finger Strength Enhancement Exercises	Grip Strength Enhancement Exercises	Wrist Strength Enhancement Exercises	Hand Endurance Enhancement	Forearm Strength Enhancement Exercises	Forearm Strength Exercise	Difficulty Level	Training Goal	Precautions
Fitness Enthusiasts	Press exercises using grip strengtheners (both forehand and backhand) Squeezing exercises with a grip ball Press exercises with a grip circle using all five fingers Quick and slow stretching exercises with finger bands Resistance exercises 1 and 2 with finger bands	Quick and slow pressing ex- ercises with grip circles Press exercises using grip str- engtheners (forehand and backhand) Rolling grip ball exercises towel pull-ups	Ulnar and radial deviation exercises Wrist flexion and extension towel pull-ups	Five-finger and singlefinger press endurance exercises with grip circles Stretching endurance training with finger bands Squeezing endurance exercises with grip ball Dumbbell grasping, farmer's walk, and hanging on a single bars	Fist to palm exercises Finger together and apart exercises Sequential and random finger lifting exercises Sequential and random pressing exercises with finger strengtheners	Twist bar rotation exercises 1 and 2 Posterior and internal rotation exercises with twist bar Radial and ulnar deviation exercises with twist bar Weighted forearm rotation and various wrist curl exercises	4Stars	Holistically enhance hand strength, flexibility, and endurance, improve athletic performance.	1.Ensure a safe training environment to prevent accidental injuries. 2.Gradual progression and scientific enhancement of exercises.
Professional Athletes	Press exercises using grip strengtheners (both forehand and backhand) Squeezing exercises with a grip ball Press exercises with a grip circle using all five fingers Quick and slow stretching exercises with finger bands Resistance exercises 1 and 2 with finger bands	Quick and slow pressing exercises with grip circles Press exercises using grip strengtheners (forehand and backhand) Rolling grip ball exercises towel pull-ups	Ulnar and radial deviation exercises Wrist flexion and extension towel pull-ups	Five-finger and singlefinger press endurance exercises with grip circles Stretching endurance training with finger bands Squeezing endurance exercises with grip ball Dumbbell grasping, farmer's walk, and hanging on a single bar	Fist to palm exercises Finger together and apart exercises Sequential and random finger lifting exercises Sequential and random pressing exercises with finger strengtheners	Twist bar rotation exercises 1 and 2 Posterior and internal rotation exercises with twist bar Radial and ulnar deviation exercises with twist bar Weighted forearm rotation and various wrist curl exercises	5 Stars		
Musicians	Finger separator pressing exercises Quick and slow stretching exercises with finger bands Resistance exercises with finger bands	/	Ulnar and radial deviation exercises Wrist flexion and extension	Stretching endurance exercises with finger bands	Sequential and random finger lifting exercises Sequential and random pressing exercises with finger strengtheners	/	2 Stars	Increase finger flexibility and endurance.	/

# 10. Hand Massage and Relaxation Techniques

## 1. Forearm Muscle Stretching

Movement Guide:

Extend one arm straight and stretch the wrist upwards and downwards with the help of the other hand.





## 2. Fist Making Exercise

Movement Guide:

Open the palm and then make a fist, repeat 15-20 times per hand.





## 3. Leopard Fist Exercise

Movement Guide:

Open the palm, bend the first finger joint, repeat 15-20 times per hand.





## 4. Finger Lifting Exercise

Movement Guide:

With the palm facing down on a table, lift each finger in turn, repeat 15-20 times per hand.







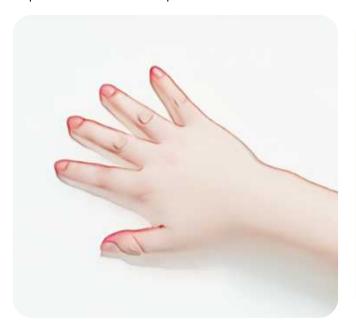




## 5. Finger Curling Exercise

Movement Guide:

With the palm facing down, curl the fingers into a hollow shape along the table surface, repeat 15-20 times per hand.





## **6. Thumb Swinging Exercise**

Movement Guide:

Open palm, four fingers together, slide the thumb towards the base of the little finger, like a windshield wiper, repeat 15-20 times per hand.





## 7. Hand Squeezing Exercise

Movement Guide:

One hand grasps the other from different angles to completely relax the hand.





## 8. Finger Massage

Movement Guide:

Use the thumb and index finger of one hand to knead each finger of the other hand for relaxation.

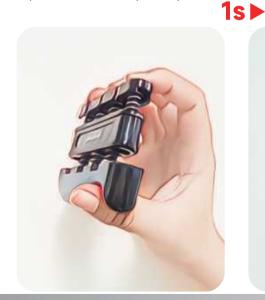


# 11. Finger Strength Enhancement Exercises

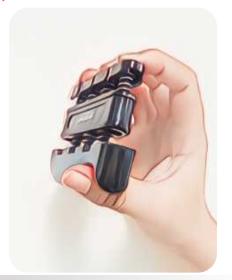
### 1. Finger Separator Press Training with a Finger Strengthener

Exercise Guidance: As illustrated, clamp the finger strengthener with the fingertips of all five fingers. Sequentially and repeatedly press and release the buttons of the finger strengthener.

Speed and Frequency: 2 seconds per press/release cycle.







## 2. Squeezing Training with a Grip Ball

Exercise Guidance: As shown, use any finger in combination with the thumb to pinch the grip ball. Slowly and repeatedly squeeze and release the grip ball.

Speed and Frequency: 2 seconds per squeeze/release cycle.

**1s**▶ **1s** ▶

## 3. Five-Finger Press Training with a Grip Circle

Exercise Guidance: As depicted, pinch the grip circle with five fingers. Repeatedly squeeze and release the grip circle at a constant speed.

Speed and Frequency: 2 seconds per squeeze/release cycle.











## 4. Separated Press Training with a Grip Circle

Exercise Guidance: As shown, use the thumb and any finger to pinch the grip circle. Slowly and repeatedly squeeze and release the grip circle.

Speed and Frequency: 2 seconds per squeeze/release cycle.









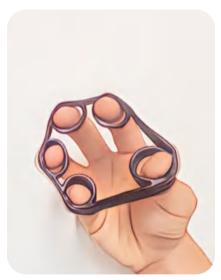


## 5. Rapid Extension Training with a Finger Band

Exercise Guidance: Evenly and quickly spread out all five fingers to reach the maximum separation distance, then smoothly and quickly return to the initial state of the finger band.

Speed and Frequency: 2 seconds per open/close cycle.







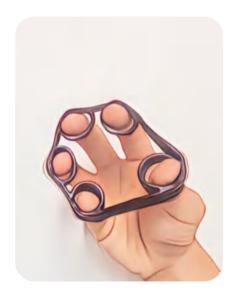


## 6. Slow Extension Training with a Finger Band

Exercise Guidance: Evenly and slowly spread out all five fingers to reach the maximum separation distance, then smoothly and slowly return to the initial state of the finger band. Speed and Frequency: 4 seconds per open/close cycle.











### 7. Resisted Extension Exercise 1 with a Finger Band

Exercise Guidance: Evenly and slowly spread out all five fingers to reach the maximum separation distance, hold for 3 seconds, and then slowly and evenly return to the initial state of the finger band.

Speed and Frequency: 7 seconds per open/close cycle.



## 8. Resisted Extension Exercise 2 with a Finger Band

Exercise Guidance: Coordinate with both hands. As shown, extend the fingers of one hand while the other hand slowly pulls the finger band until the fingers are about to bend. Hold for 3 seconds, then relax.

Speed and Frequency: 7 seconds per cycle.



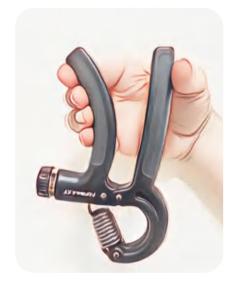
## 9. Five-Finger Pinching Exercise with a Gripper

Exercise Guidance: As shown, pinch the handle of the gripper with five fingers. Slowly and uniformly press the handle until both ends meet, then slowly and uniformly release the handle, allowing it to slowly return to its initial position.

Speed and Frequency: 2 seconds per press/release cycle.











## 10. Single-Finger Pinching Exercise with a Gripper

Exercise Guidance: As shown, clamp the handle with the thumb and any finger. Slowly and uniformly press the handle until both ends meet, then slowly and uniformly release the handle, allowing it to slowly separate to the initial position.

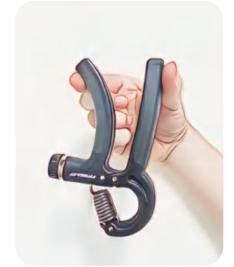
Speed and Frequency: 2 seconds per press/release cycle.

1s>









# 12. Grip Strength Enhancement Exercises

### 1. Rapid Press Exercise with a Finger Strengthener

Exercise Guidance: As shown, hold the finger strengthener and simultaneously quickly press the buttons with your fingers.

Speed and Frequency: 2 seconds per press/release cycle.











## 2. Slow Press Exercise with a Finger Strengthener

Exercise Guidance: As shown, hold the finger strengthener and simultaneously slowly press the buttons with your fingers.

Speed and Frequency: 4 seconds per press/release cycle.

**2s**▶

**2s**▶







## 3. Grip Ball Squeeze Training

Exercise Guidance: As shown, hold the grip ball and slowly squeeze and release it. Speed and Frequency: 2 seconds per squeeze/release cycle.











## 4. Rapid Press Exercise with a Grip Circle

Exercise Guidance: As shown, hold the grip circle and quickly squeeze and release it. Speed and Frequency: 2 seconds per squeeze/release cycle.











### 5. Slow Press Exercise with a Grip Circle

Exercise Guidance: As shown, hold the grip circle and slowly squeeze and release it. Speed and Frequency: 4 seconds per squeeze/release cycle.











### 6. Rapid Press Exercise with a Gripper - Overhand

Exercise Guidance: As shown, hold the gripper and quickly press and release the handle. Speed and Frequency: 2 seconds per press/release cycle.











### 7. Slow Press Exercise with a Gripper - Overhand

Exercise Guidance: As shown, hold the gripper and quickly press and release the handle. Speed and Frequency: 4 seconds per press/release cycle.









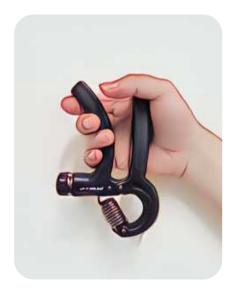


## 8. Rapid Press Exercise with a Gripper - Underhand

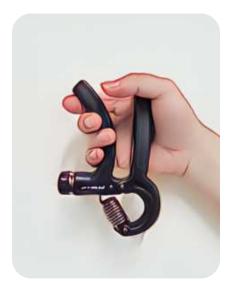
Exercise Guidance: As shown, hold the gripper and quickly press and release the handle. Speed and Frequency: 2 seconds per press/release cycle.











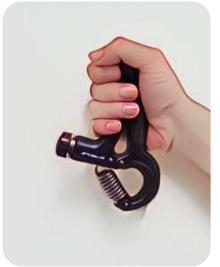
### 9. Slow Press Exercise with a Gripper - Underhand

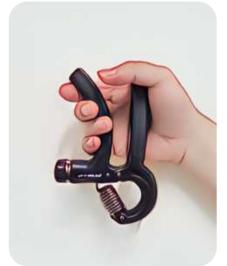
Exercise Guidance: As shown, hold the gripper and quickly press and release the handle. Speed and Frequency: 4 seconds per press/release cycle.











## 10. Towel Pull-Up

Exercise Guidance: As shown, hang a towel or rope on a pull-up bar. Grasp both ends of the towel (or rope) with both hands and perform a pull-up.

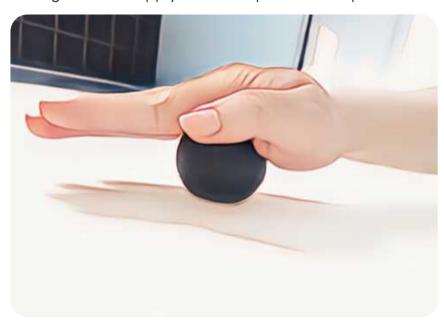
Speed and Frequency: 6 seconds per pull-up.



# 13. Wrist Strength Enhancement Exercises

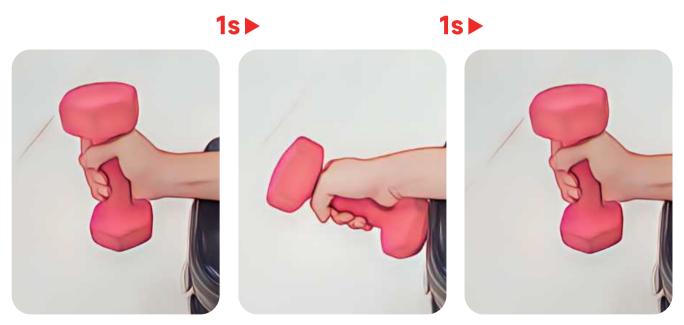
#### 1. Rolling Grip Ball Exercise

Exercise Guidance: Place the grip ball on a table. Squeeze the grip circle with your palm and let the ball roll between the table and your palm. Keep your wrist straight throughout and apply as much pressure as possible to the grip ball.



#### 2. Ulnar Deviation Exercise

Exercise Guidance: Clench your fist or hold a weight (like a water bottle or dumbbell) in your hand. Rest your arm on a flat surface, slowly bend your wrist towards the direction of the little finger until you can't bend further, then return to the wrist level. Speed and Frequency: 2 seconds per cycle.



#### 3. Radial Deviation Exercise

Exercise Guidance: Clench your fist or hold a weight (like a water bottle or dumbbell) in your hand. Rest your arm on a flat surface, slowly bend your wrist towards the thumb until you can't bend further, then return to the wrist level.

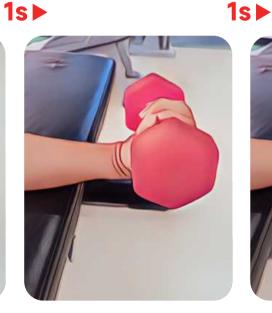
Speed and Frequency: 2 seconds per cycle.



#### 4. Wrist Flexion

Exercise Guidance: With the palm facing upwards, clench your fist or hold a weight (like a dumbbell). Rest your arm on a flat surface, slowly bend your wrist upwards until you can't bend further, then return to the wrist level.

Speed and Frequency: 2 seconds per cycle.





#### 5. Wrist Extension

Exercise Guidance: With the palm facing downwards, clench your fist or hold a weight (like a dumbbell). Rest your arm on a flat surface, slowly bend your wrist upwards until you can't bend further, then return to the wrist level.

Speed and Frequency: 2 seconds per cycle.









## 6. Towel Pull-Up

Exercise Guidance: If using a towel or rope, hang it on a pull-up bar. Grasp both ends of the towel (or rope) with both hands and perform a pull-up.

Speed and Frequency: 6 seconds per pull-up.

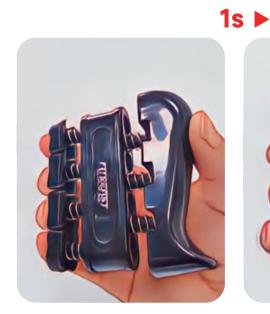


### 14. Hand Endurance Enhancement Exercises

### 1. Five-Finger Press Endurance Training with a Finger Strengthener

Exercise Guidance: As illustrated, clamp the finger strengthener with the fingertips of all five fingers. Hold the press on the button for 3 seconds, then release.

Speed and Frequency: 5 seconds per cycle.



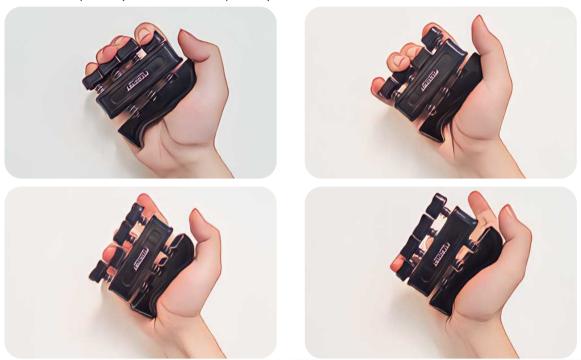




## 2. Single-Finger Press Endurance Training with a Finger Strengthener

Exercise Guidance: As shown, use the thumb and another finger to clamp the finger strengthener. Hold the press on the button for 3 seconds, then release.

Speed and Frequency: 5 seconds per cycle.



### 3. Five-Finger Press Endurance Training with a Grip Circle

Exercise Guidance: As shown, pinch the grip circle with five fingers. Hold the squeeze for 3 seconds, then release the grip circle.

Speed and Frequency: 5 seconds per cycle.



### 4. Single-Finger Press Endurance Training with a Grip Circle

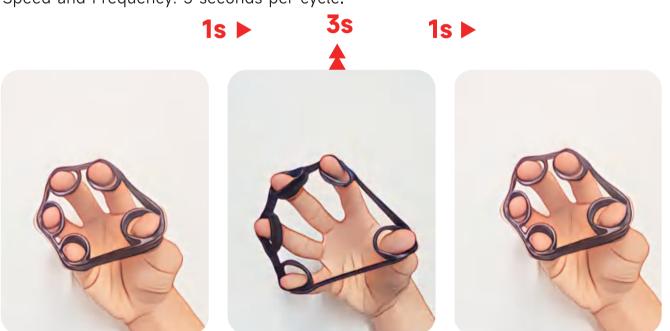
Exercise Guidance: As shown, use the thumb and any finger to pinch the grip circle. Hold the squeeze for 3 seconds, then release the grip circle. Speed and Frequency: 5 seconds per cycle.



### 5. Finger Band Extension Endurance Training

Exercise Guidance: As shown, evenly open all five fingers to reach the maximum separation distance. Hold for 3 seconds, then uniformly return to the initial state of the finger band.

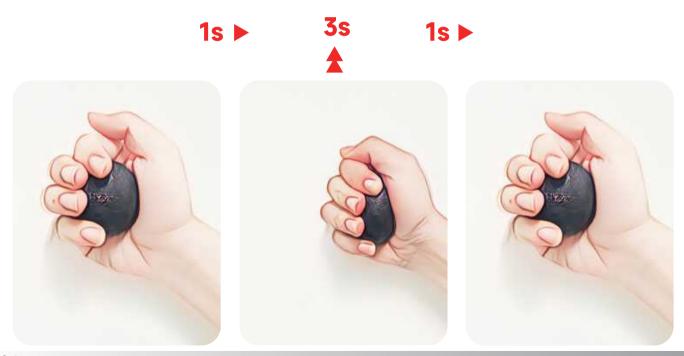
Speed and Frequency: 5 seconds per cycle.



## 6. Grip Ball Squeeze Endurance Training

Exercise Guidance: As shown, hold the grip ball and slowly squeeze it. Hold the squeeze for 3 seconds, then release uniformly.

Speed and Frequency: 5 seconds per cycle.



### 7. Single-Finger Endurance Training with a Gripper

Exercise Guidance: As depicted, grip the handle with your thumb and any other finger. Press the handle steadily and uniformly, maintaining pressure at the point where the handles meet for 3 seconds, then uniformly release the handle back to its starting position.

Speed and Frequency: 7 seconds per cycle.



### 8. Gripper Grip Endurance Training

Exercise Guidance: As illustrated, grasp the gripper firmly. Uniformly press the handle of the gripper, hold the handle at the point of contact for 3 seconds, then uniformly release the handle back to its starting position.

Speed and Frequency: 7 seconds per cycle.



### 9. Dumbbell Grasping

Exercise Guidance: As shown, stand upright, grip one end of a dumbbell with all five fingers, and hold the dumbbell off the ground.

Tips: Adjust the weight of the dumbbell according to your hand endurance level.





### 10. Farmer's Walk

Exercise Guidance: Keep both arms extended straight, gripping a barbell in each hand, and walk persistently.

Tips: Adjust the weight of the barbell according to your hand endurance level.

### 11. Hanging on the Horizontal Bar

Exercise Guidance: Spread your hands slightly wider than your shoulders, grip the pull -up bar firmly with both hands, keep your body straight, and suspend yourself off the ground.

Tips: Choose pull-up bars of different thicknesses according to your hand endurance level.



## 15. Hand Flexibility Exercises

### 1. Fist-to-Palm Exercise

Exercise Guidance: Extend your hands, form them into fists, starting with the thumbs, sequentially unfold into palms; then, starting with the little fingers, sequentially close into fists again. Repeat the exercise quickly.













### 2. Finger Joining and Separation Exercise

Exercise Guidance: Spread your fingers, then start the exercise: ① Join the thumb and index finger, while joining the remaining three fingers; ② Join the thumb, index, and middle fingers, while joining the last two fingers; ③ Join all fingers except the little finger; ④ Join the index and middle fingers, while also joining the ring and little fingers; ⑤ Join the ring and middle fingers, while joining the index finger and thumb.













## 3. Sequential Finger Lifting Exercise

Exercise Guidance: With palms facing down on a table, sequentially lift each finger. Repeat 15-20 times for each hand.













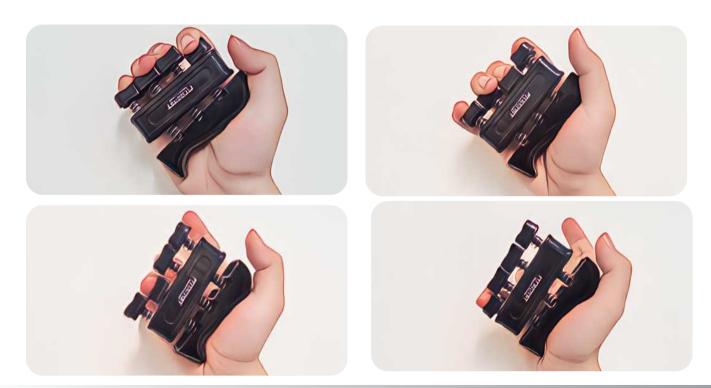
### 4. Random Finger Lifting Exercise

Exercise Guidance: Assign a number from 1 to 5 to each finger. Write these numbers randomly on paper, forming a sequence of 20. Place your palm flat on a table and quickly lift the fingers corresponding to the sequence shown on the paper.



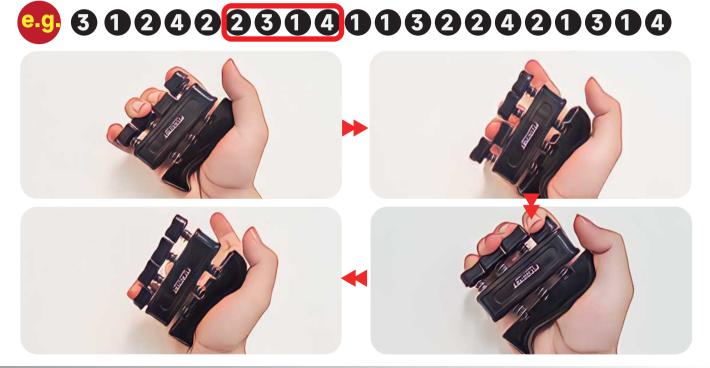
## 5. Sequential Pressing with a Finger Strengthener

Exercise Guidance: As shown, hold the finger strengthener and quickly press the keys from the thumb to the little finger in order.



### 6. Random Pressing with a Finger Strengthener

Exercise Guidance: Number the four buttons of the finger strengthener from 1 to 4. Write these numbers randomly on paper, forming a sequence of 20. Press the corresponding numbered buttons as quickly as possible according to the sequence.



## 16. Forearm Strength Enhancement Exercises

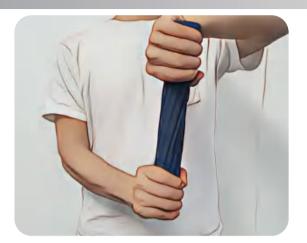
### 1. Torsion Bar Twist Exercise 1 (for Tennis Elbow)

Exercise Guidance:

- A. Grip one end of the torsion bar with the injured side, palm facing towards yourself, keeping the wrist extended;
- B. With the other hand, back facing yourself, grip the other end of the torsion bar;
- C. Maintain the bottom wrist extended and twist the torsion bar with the top hand;
- D. Extend both elbows forward;
- E. Keep the uninjured wrist steady and slowly release the injured wrist.







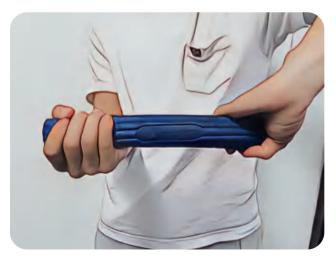




### 2. Torsion Bar Twist Exercise 2 (for Golfer's Elbow)

- A. On the injured side, hold one end of the torsion bar, face your hand, and keep your wrist extended:
- B. On the other hand, turn your back to yourself and hold the other end of the torsion bar
- C. Keep the lower wrist extended and the upper hand twisted with the torsion bar
- D. Extend your elbows forwardE. Keep the uninjured wrist unchanged and slowly release the injured wrist









### 3. Torsion Bar Post-Twist Exercise

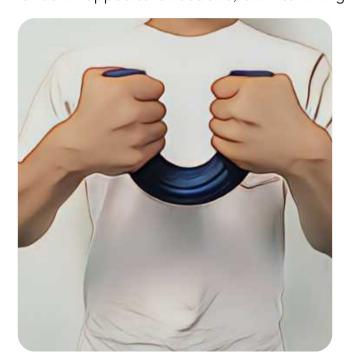
Exercise Guidance: Extend both arms forward with elbows slightly bent, palms facing down, grip both ends of the torsion bar, squeeze the bar to bend it, then rotate both hands in opposite directions, akin to wringing a towel.

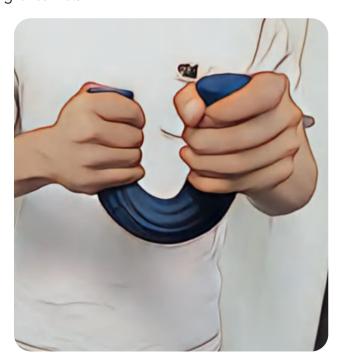




### 4. Torsion Bar Internal Rotation Exercise

Exercise Guidance: Extend both arms forward with elbows slightly bent, palms facing upward, grip both ends of the torsion bar, squeeze the bar to bend it, then rotate both hands in opposite directions, akin to wringing a towel.





### 5. Torsion Bar Radial Deviation

Exercise Guidance: Place the torsion bar on a table, grip the end of the bar near you, use the table for support, and bend the bar away from your body before restoring it.



## 6., Torsion Bar Ulnar Deviation

Exercise Guidance: Similar to the radial deviation but bend the torsion bar towards your body and then restore it.



### 7. Weighted Forearm Rotation

Exercise Guidance: Sit with upper arms clamped to the body, forearms on the knees, each hand holding a barbell plate, then slowly rotate both hands.







#### 8. Barbell Wrist Curl

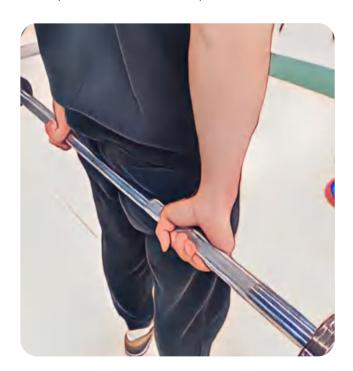
Exercise Guidance: Lie prone on a bench, elbows and forearms resting on the bench, palms facing up holding a barbell rod, and slowly curl the wrists upwards.

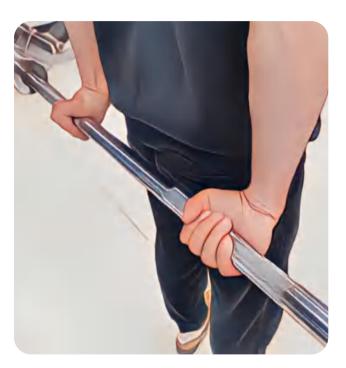




### 9. Barbell Reverse Wrist Curl

Exercise Guidance: Stand, hands behind the back, palms up holding a barbell rod, and slowly curl the wrists upwards.





## 10. Weighted Overhand Wrist Curl

Exercise Guidance: Similar to the barbell wrist curl but with palms facing down.

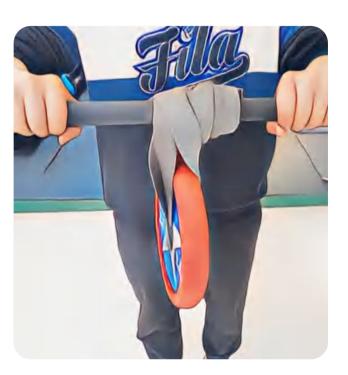




## 11. Weighted Rotation

Exercise Guidance: Stand, connect a pole to a dumbbell plate with a rope, hold the crossbar with palms down, and rotate the bar to wind the rope and lift the dumbbell.







FitBeast Hand Grip Strengthener Workout Kit (5 Pack)



FitBeast Pulley System Gym



FitBeast Grip Strengthener (Adjustable Resistance 10-130LBS)



FitBeast Pull Up Bar for Doorway

## 1 minute = 10% general discount at the FitBeast store

Dear customer, as you can see, we present to you a book on hand health and strength enhancement. While we hope to assist you in understanding knowledge about hand health as much as possible through this book, we are well aware that this book may not fully satisfy your needs. Therefore, we kindly ask you to scan the QR code below, take 1 minute of your time, and provide us with your genuine feedback on the book. To express our gratitude, after you complete the survey, we will offer you a 10% general discount at the FitBeast store. Additionally, if you are willing, you can apply to become our product ambassador after completing the survey. Product ambassadors enjoy the following benefits:

- \* Free use of our new products.
- \* Opportunities to collaborate with FitBeast in product development.





#### Unlock Your Hands ' Potential

FROM ANATOMY TO MASTERY THIS BOOK PROVIDES AN INSIGHTFUL EXPLORATION INTO THE COMPLEX WORLD OF OUR ROREARMS AND HANDS, OFFERING COMPREHENSIVE CONTENT FROM ANATOMICAL STUDIES TO TAILORED WORKOUT REGIMENS. IT INCLUDES IMPORTANT TAKEAWAYS ON HOW TO BUILD STRENGTH, DEXTERITY, AND RESILIENCE TO PREVENT COMMON INJURIES, SUCH AS TENDONITIS AND REPETITIVE STRAIN INJURIES. NECESSARY FOR THOSE SEEKING TO UNDERSTAND HOW TO IMPLEMENT PRACTICAL ROUTINES FOR HAND CARE, IT'S CRUCIAL FOR ANYONE RELYING ON HAND STRENGTH AND PRECISION IN THEIR PROFESSION OR HOBBIES. MUSICIANS, ATHLETES, MANUAL LABORERS, AND PHYSICAL THERAPISTS WILL BENEFIT FROM THIS BOOK'S WISDOM, TRANSFORMING EXERCISE AND REHABILITATION INTO A CORNERSTONE OF LONG - TERM HAND FUNCTION AND HEALTH.

service@fitbeastclub.com

fitbeastclub.com

# 2 മ 丒 ₩ $\overline{z}$ > 2 G

A N D

₽