

# Fundamental Exercises

## Starting Position A



- Circle 1 = Thumb
- Circle 2 = Middle Finger
- Circle 3 = Pinky Finger

### Triple Try-Angle Finger Burst

- Push fingers out in extension for a set of 20.
- Then change fingers.
- Keep thumb in largest circle, place index finger in circle 2 and ring finger in circle 3.
- Do 3 sets of 20.
- For more Ultimate Challenges place index finger in circle 1, ring finger in circle 2 and small finger in circle 3.

### Wrist Super Strength Glide

(Highly recommend for carpal tunnel syndrome, Chronic wrist pain and weakness)

- Push all fingers out into extension even if they are not engaged in the Try-Angle (which are the index and ring fingers).
- With all fingers extended, keep the arms straight with elbows extended forward, now start making circular rotations of the wrist 10-times clockwise and then 10-times counter clockwise. But must keep thumb, middle finger and small finger engaged in the Try-Angle.
- Do 3 sets of 10 in each direction.

### Elbow Relief Exercises

(Highly recommended for patients with Elbow tendonitis such as Tennis Elbow or Golfer's Elbow)

- With your arm straight in front of you and the elbow extended forward.
- Extend all the fingers with the thumb, middle finger and small fingers engaged.
- Now flex the wrist to 90 degrees with the fingers extended and hold for 30 seconds then take a 10 second break.
- Now extend the wrist to 90 degrees and hold for 30 seconds with the fingers in extension engaged in my Try-Angle.
- Do 2 sets of 30 seconds in extension and flexion for a total of 2 minutes.

### Power Wrist Exercises

- With arms in front of you and elbow extended, extend all fingers.
- Now flex the wrist to 90 degrees and then extend it to 90 degrees. Do this for a set of 15 for 30 seconds.
- Keep tension on the Try-Angle while flexing and extending the wrist. Do 3 sets of 15.

### Challenge Power Wrist Shield

- With arms in front of you and elbows extended.
- Engage the Try-Angle with finger extension.
- Now, move the wrist from right to left (radial deviation to ulnar deviation).
- Do 3 sets of 15.

### Reverse Power Finger Shelf Hold Strengtheners

- With arm in front.
- Elbow extended.
- Flex wrist.
- Turn palm outward.
- Now pulse for 20 seconds inside.
- Now place index finger inside middle circle and push for 20 seconds.
- Now place ring finger inside middle circle and pulse for 20 seconds.

## Starting Position B



- Circle 1 = Thumb
- Circle 2 = Middle Finger
- Circle 3 = Pinky Finger
- Middle = Index + Ring Fingers

### Super Power Wrist Challenge

- With arms in front of you and elbow extended.
- Engage the Try-Angle to extend all fingers. Now, move the wrist to the left (radial to ulnar deviation).
- Do 3 sets of 15.

## Starting Position C



- Middle = Index + Middle + Ring Fingers

### Super Finger Strength Exercises

#### A - Inner Circle Pulse

- Keep arm and elbow extended in front of you.
- Pulse the 3 fingers against the walls of the Try-Angle's inner triangle while touching the small finger and thumb together.
- Pulse for a set of 30 then hold 10 seconds in extension.

#### B - Inner Circle Pulse

- No longer allow the thumb and small finger to touch and pulse My Try-Angle for a set of 30 repetitions.
- Then hold for 10 seconds in extension.

#### Recommend

- 3 sets of 30 pulses.
- 3 sets of 10 second holds for each A and B.

## Starting Position D



- Circle 1 = Thumb
- Circle 3 = Pinky Finger
- Middle = Index + Middle + Ring Fingers

### Mouse Maximum Strengthening Exercise

- Engage the Try-Angle with extension of all fingers and then pulse.
- Then the hand should hover over a flat surface while moving the wrist from right to left.
- 3 sets of 20.
- Then hold for 10 seconds to left, then 10 seconds to the right and hold for 10 seconds in the center with fingers always engaged and in full extension.

## Starting Position E

**Create a Circle by twisting Circles 1, 2 and 3 into Middle of the Try-Angle device**



### Try-Angle Circle Handwarmer

Recommend this exercise before any use of hands and wrist.

- Place circle inside palms of hand.
- Rub hands vigorously together for 10 seconds while keeping firm pressure against hands. 3 sets- 10 seconds each.

### Try-Angle Circle Decompression/Anti-Stress Ball

Recommend for anxiety or stress.

- Place circular ball Try-Angle in palm of hand squeezers.
- Squeeze thumb over ball first, then wrap fingers over thumb.
- Next wrap fingers over circular ball then flex your thumb over fingers.

### Forward Try-Angle Circle Chest Pec Press/Breast Lift

- With arms reaching outward.
- Elbows extended in front.
- Place Try-Angle Circle between palms of hands and squeeze with vacuum suction noted in palms.
- Squeeze for a set of 30 (3 sets of 30 per hour).

### Overhead Try-Angle Circle Pec Lift/Breast Lift

- With elbow flexed (bent) at 90° at your side.
- Place the Try-Angle circle between your palms of your hands.
- Squeeze the Try-Angle circle and extend elbows above your head 3 sets of 30.

### Try-Angle Circle Biceps Curl

- With elbow flexed at 90°.
- Place Try-Angle Circle between palms of hands create a vacuum set by pushing hands firmly against Try-Angle Circle.
- While squeezing tightly flex and extend the elbows, doing a biceps curl.
- Do 3 sets of 20.

### Try-Angle Finger Dual

- Place larger surface of Try-Angle Circle flat on table.
- Place thumb and index finger between Try-Angle Circle then squeeze for a set of 30.
- Keep Try-Angle Circle firm against surface with other hand.
- Then place the Try-Angle Circle between the index finger and thumb and squeeze for 30 seconds.
- Then place it between the middle finger and ring finger and squeeze for 30 seconds.
- Then place Try-Angle Circle between the ring finger and small finger and squeeze for 30 seconds.
- Do 2 sets (time 4 minutes total).

### Focused Massage Ball

- Keep Try-Angle in Circle Ball position.
- Place the circle against the skin gently.
- Press with gentle circular motion.
- Recommend 30 seconds to area.

## Starting Position F

**Circle 1 = Thumb  
Grasp remainder of Try-Angle device with other fingers**



### Fast Joystick/Console Exercises

- Turn palm facing you and keep ulnar side of the hand (small finger side) flat against a surface.
- Now, extend and flex thumb for a set of 20 pulses and pushes.
- Do 3 sets of 20.
- Do 3 sets of 10 seconds holds.

## Starting Position G

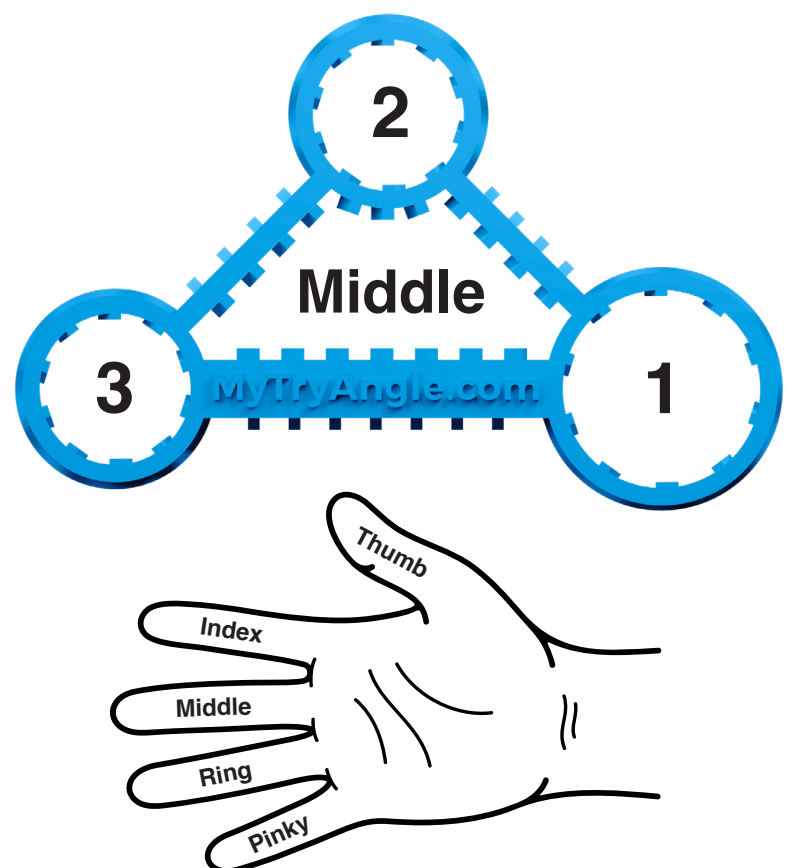
**Circle 1 = Thumb  
Grasp remainder of Try-Angle device with other fingers**



### Speed Thumb/Mouse Exercises

- Place hand on surface with palm down, now pulse thumb outward for a set of 20 inside circle 1.
- Then hold the thumb outward for 10 seconds.
- Do 3 sets of 20.
- Do 3 sets of 10 second holds.

## Reference Guide



No material on this manual is a substitute for medical advice, diagnosis, or treatment. The Try-Angle should not be used by children less than 10 years old without adult supervision. The Try-Angle is not for consumption and can be a swallowing, choking or strangulation risk. A doctor should be consulted before using The Try-Angle for your exercise program.