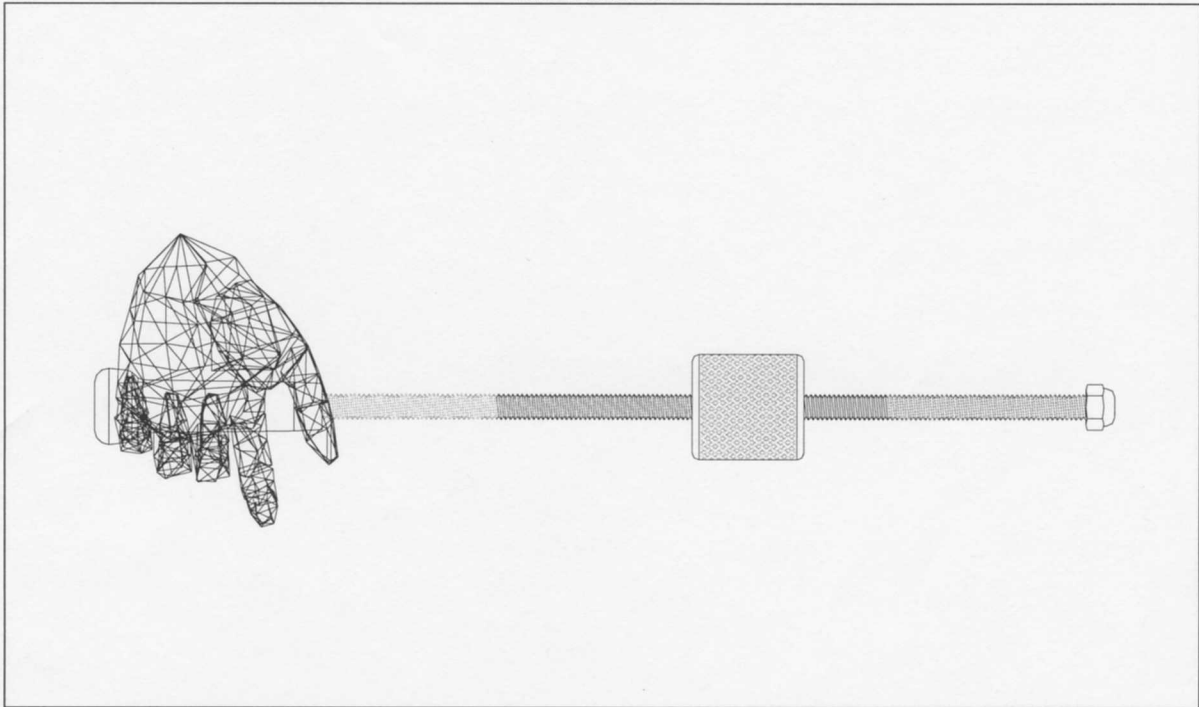


Oates Speciaties LLC
 Wrist Exercise Tool
 Wrist Moment



Single Unit Weight

Rod	0.915 lb
Weight	1.636 lb
Total	2.551 lb

Double Unit Weight

Rod	0.915 lb
Double Weights	3.272 lb
Total	4.187 lb

Position	Wt No.1	Wt No.2	Wrist Moment
Single Weight	Distance	Distance	in-lb
A	2.942 in	N/A	12.627 in-lb
B	4.067 in	N/A	14.468 in-lb
C	6.067 in	N/A	17.740 in-lb
D	7.567 in	N/A	20.194 in-lb
E	9.567 in	N/A	23.466 in-lb
F	11.067 in	N/A	25.920 in-lb
G	13.067 in	N/A	29.192 in-lb
H	14.567 in	N/A	31.646 in-lb
Double Weight			
A-B	2.942 in	4.942 in	17.149 in-lb
A-C	2.942 in	6.067 in	18.179 in-lb
A-D	2.942 in	7.567 in	19.551 in-lb
A-E	2.942 in	9.567 in	21.381 in-lb
A-F	2.942 in	11.067 in	22.754 in-lb
A-G	2.942 in	13.067 in	24.584 in-lb
A-H	2.942 in	14.567 in	25.956 in-lb
B-H	4.067 in	14.567 in	27.797 in-lb
C-H	6.067 in	14.567 in	31.069 in-lb
D-H	7.567 in	14.567 in	33.523 in-lb
E-H	9.567 in	14.567 in	36.795 in-lb
F-H	11.067 in	14.567 in	39.249 in-lb
G-H	12.567 in	14.567 in	41.703 in-lb