

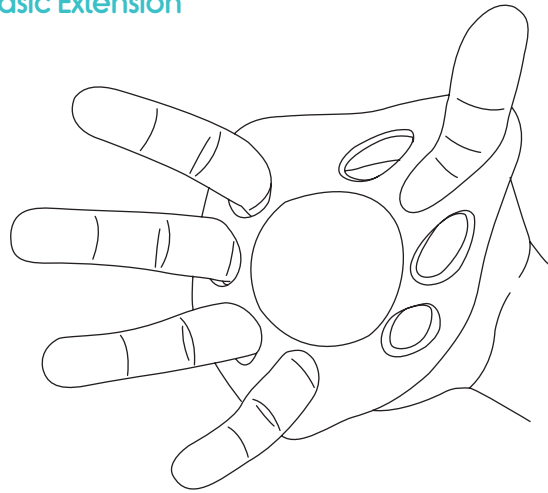


# HAND EXTENSION EXERCISER

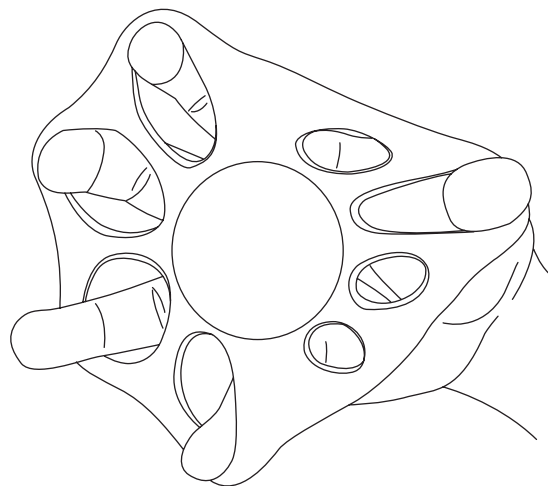
User Manual  
RHB1030

## EXERCISES

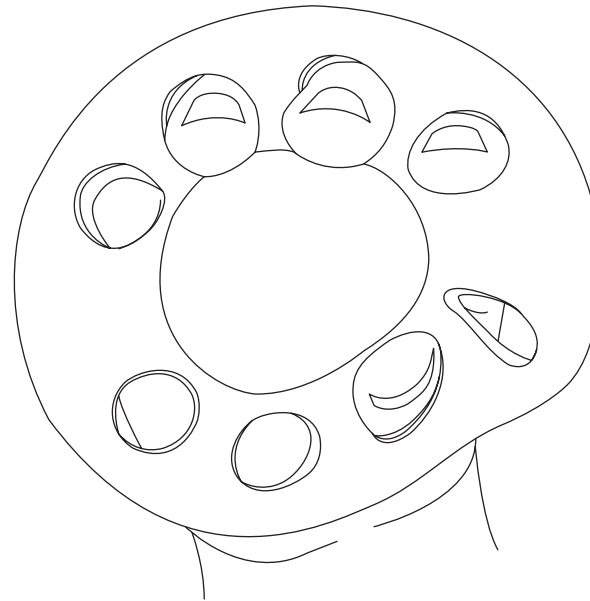
### Basic Extension



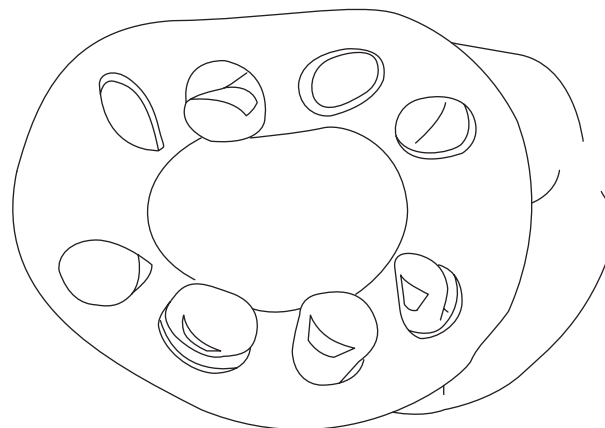
### Advanced Finger Extension



### Fingertip Squeeze



### Fingertip Twist



### Fist Squeeze



### Ball Press

