

# RING GRIP AND FINGER EXTENSION KIT

## QUICK START GUIDE



To see all FAQ's in one place visit [vhealth.link/ay5](https://vhealth.link/ay5).

## WHAT'S INCLUDED

- Teal 20 lb Ring Grip
- Green 40 lb Ring Grip
- Orange 60 lb Ring Grip
- Teal Light Finger Extender
- Green Medium Finger Extender
- Orange Heavy Finger Extender

## EXERCISES



Want to watch us do this? Check out [vhealth.link/r4w](https://vhealth.link/r4w) for an easy instructional video.

### Pinching:

Squeeze with the ring between your fingertips and thumb.



### Squeezing:

With the new ergonomic style you can now try 2 methods. Squeeze with the ring between the middle of your fingers and the palm of your hand on the rounded sides like a normal ring grip, or try it with the flat part of the grip resting deep in your palm like pictured below.



**Stretching:**

Insert your fingers into the hole in the middle of the ring and extend them outward.

**Individual Fingers:**

Squeeze with the ring between your fingertips and thumb using only one finger at a time (this can also be performed with the finger extenders).

**Finger Extenders:**

Use these similar to the stretching method in the ring grips. Place your thumb in the hole that is separated from the other four closer together holes.



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