

# HAND EXERCISER 2-PACK

## MASSAGE GUIDE

### PALM EXTENSION



Place fingers in the slots of the Hand Exerciser. Extend the fingers in an outward motion. Hold, relax, and repeat.

### FINGER EXTENSION



Place the slots of the Hand Exerciser at the first knuckle on each finger. Slowly extend the fingers. Hold, relax, and repeat.

### PINCH



Place the Hand Exerciser between the thumb and index finger. Squeeze together. Hold, relax, and repeat.

### TWO HAND FINGER EXTENSION



Place the thumb and pointer finger from the right and left hands in the slots of the Hand Exerciser. In a controlled motion, extend the fingers. Return the fingers to the start position and repeat.

### GORILLA GRIP



Place the hand Exerciser in the palm of the hand with fingers placed towards the center. Push the fingers into the center of the exerciser as you are bending the fingers. Hold, relax and then repeat.