

# MIGHTY MITTS™ PINCH BLOCKS

Sorinex Original Mighty Mitts™ Pinch Blocks are a great way to load and develop pinching strength and grip strength. The width of the block is available in 2, 3, or 4" options. Attach a strap and use for pull-ups or with kettlebells and barbells. Use them with a Mighty Mitts™ Loading Pin, cable machine, or in conjunction with a Root Hog™ Sled to develop killer pinching strength.

## SPECIFICATIONS

LENGTH	6"
WIDTH	5.5"
MATERIAL	11 Gauge Steel
INCLUDES	Mighty Mitts Pinch Block (1)



## FEATURES



2" DESIGN



3" DESIGN



4" DESIGN