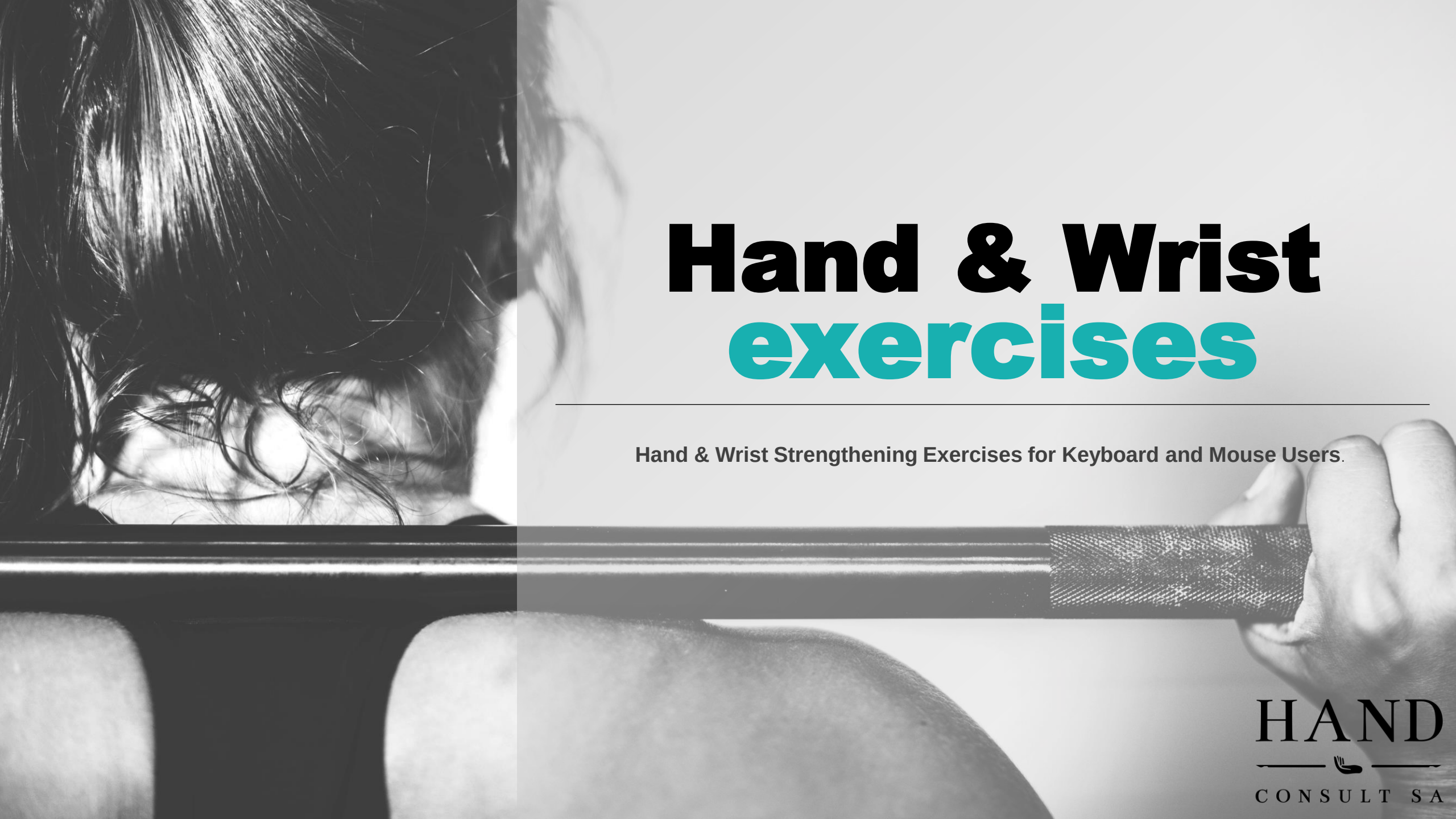




Hand & Wrist exercises

Hand & Wrist Strengthening Exercises for Keyboard and Mouse Users.

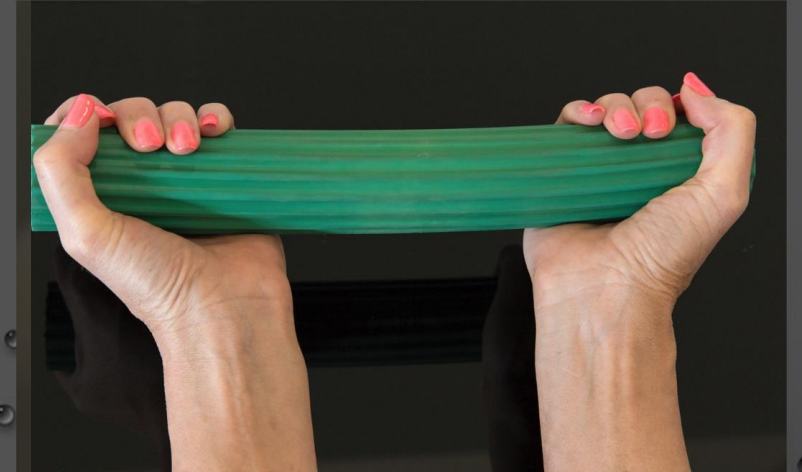
HAND
—  —
CONSULT SA



Mass Grasp 1



Bend Downwards



Mass Grasp



Bend Upwards



Wring Out



Mass Grasp 2



Left Palm Up



Mass Grasp 3



Left Palm Down



Mass Grasp 4

TIPS

Red Flexbar: Light Resistance

Green Flexbar: Medium Resistance

Blue Flexbar: Heavy Resistance

NOTES

DON'T STOP,

DON'T QUIT!



Lorem Ipsum is simply dummy text of the printing and typesetting industry. Lorem Ipsum has been the industry's standard dummy text ever since the 1500s, when an unknown printer took a galley of type and scrambled it to make a type specimen book. It has survived not only five centuries.

—John Doe

HAND
—  —
CONSULT SA



hard work

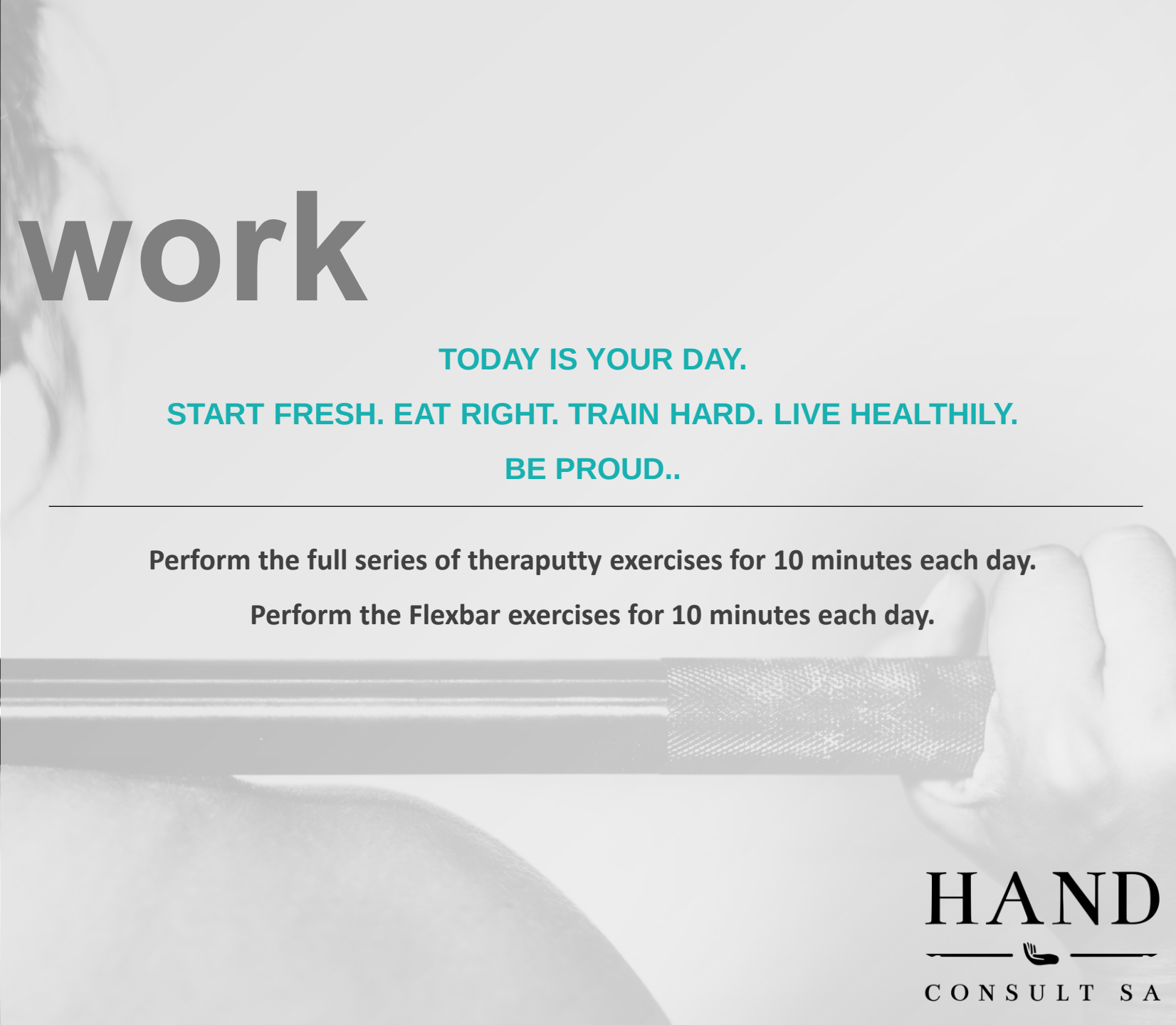
TODAY IS YOUR DAY.

START FRESH. EAT RIGHT. TRAIN HARD. LIVE HEALTHILY.

BE PROUD..

Perform the full series of theraputty exercises for 10 minutes each day.

Perform the Flexbar exercises for 10 minutes each day.



HAND
—  —
CONSULT SA