

RING GRIP AND FINGER EXTENSION KIT

QUICK START GUIDE

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

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.

