

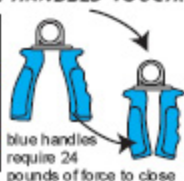


## FIXED RESISTIVE HAND GRIPS

AVAILABLE IN 5 RESISTANCES

FOR MAXIMUM RESISTANCE, SQUEEZE TO MAKE HANDLES TOUCH.

	color	resistance	pounds of force to close
10-1804	yellow	x-light	3 lbs.
10-1805	red	light	6 lbs.
10-1806	green	medium	12 lbs.
10-1807	blue	heavy	24 lbs.
10-1808	black	x-heavy	48 lbs.



DIFFICULTY DOUBLES WITH EACH RESISTANCE

### SOLD IN PAIRS



- Strengthen wrists, hands, fingers and forearms.
- Hold hand grips and squeeze until handles touch, then release. Repeat 10 times.
- Handle contoured for comfortable grip.



Manufactured in China for:

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