



## HAND GRIPS

Build your hand opening and closing strength, motor coordination and stabilisation. The soft Hand Grip can assist in low level strengthening, while the firm builds higher level strength for sports performance or heavy manual tasks.

### FEATURES

- ✓ Finger & Wrist Exercise Focus
- ✓ Compact & Portable
- ✓ Soft & Firm
- ✓ Easy to use

SKU: **HGCOMBO**