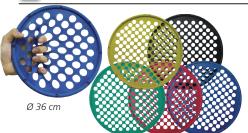
## HAND/FINGER/WRIST EXERCISERS



- 47130 GRIP TRAINER X-light
- 47131 GRIP TRAINER light
- 47132 GRIP TRAINER medium
- 47133 GRIP TRAINER heavy
- 47134 GRIP TRAINER X-heavy Releases typing and mousing tension. Improves hand and finger flexibility.



- 47170 TPR FLEX BAR light
- 47171 TPR FLEX BAR medium
- 47172 TPR FLEX BAR heavy

Flex bar is a flexible, durable resistance device with ridge surface for enhanced grip during use.

It is used to improve grip strength by bending, twisting or vibrating.



 47160 SET OF 3 FINGER EXERCISERS Unique design for rehabilitation, excellent stress-reliever for users. Simply insert fingers into circles and stretch.

Multiple resistance level available, set of light, medium and heavy resistance.



- 47180 POWER GRIP light
- 47181 POWER GRIP medium
- 47182 POWER GRIP heavy Develop finger flexibility, strength and coordination. Increase hand, wrist and forearm strength. Improve the injured finger recovery.



- 47140 SQUEEZE EGG X-soft
- 47141 SQUEEZE EGG soft
- 47142 SQUEEZE EGG medium
- 47143 SQUEEZE EGG firm
- 47144 SQUEEZE EGG X-firm

These TPE (Thermoplastic elastomers) eggs offer variable resistance training for hands and fingers. Help grip strengthening and reduce stress.



• 28790 HAND GRIP METER - plastic Indicator remains at maximum until reset and is calibrated 0-75 kg. Size 20x15 cm.

Sold in a blister.

Manual in: GB, FR, IT, ES.

## **BALANCE AND WEDGE CUSHION**



47090 • 47090 BALANCE CUSHION Ø 35 cm

47095 WEDGE CUSHION

Air filled cushions made of soft, pliable material. Both have two surfaces: smooth and bubbled which provide two kinds of user experience. Great for

improving intramuscular coordination as well as balance training ergonomic sitting and rehabilitation.

Maximum load: 136 kg (300 lb)

## **RESISTANT BALLS**

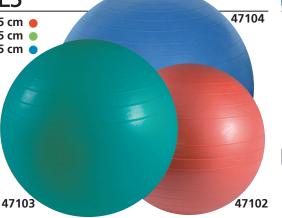
• 47102 BURST RESISTANT BALL - Ø 55 cm • 47103 BURST RESISTANT BALL - Ø 65 cm

• 47104 BURST RESISTANT BALL - Ø 75 cm • Designed for dynamic workouts that incorporate moderate level of

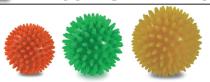
resistance.

Deflate slowly if punctured.

136 kg (300 lb) burst resistance level.



## MASSAGE BALLS



• 47120 MASSAGE BALLS Set of 3 massage balls Ø 6, 7, 8 cm





