

WEIGHT CONFIGURATIONS:



10g 20g 30g

- Begin with one weight in top chamber
- Increase weight as progress allows

SIX-LEVEL TRAINING CYCLE

Designed for use with any practice or training regimen

- For Levels 1, 2, and 3 strap ring in Position A. Increase one level every 2-4 weeks.
- For Levels 4, 5, and 6 strap ring in Position B. Increase one level every 2-4 weeks.

LEVEL	DEVICE POSITION	WEIGHT CONFIG	LEVEL DESCRIPTION
Level 1			Position A / 10 grams
Level 2			Position A / 20 grams
Level 3			Position A / 30 grams
Level 4			Position B / 10 grams
Level 5			Position B / 20 grams
Level 6			Position B / 30 grams

- After completing Level 6, decrease one level every 2-4 weeks.
- Repeat entire cycle

FINGER MAP



A & B RING POSITIONS

- For Position A, ring is to be worn between the 2nd and 3rd finger joints.
 - For Position B, ring is to be worn between the 1st and 2nd finger joints.
- NOTE: In Position B, weight load is greater at all joint points.

1. Thumb Circles



Start with hands and fingers relaxed

- Circle thumbs inward 10 revolutions
- Reverse direction, circle thumbs outward 10 revolutions
- Repeat sequence 3 times

2. Thumb Flex



Start with hands and fingers relaxed

- Flex thumbs downward, reverse direction and flex thumbs upward
- Perform 10 repetitions
- Repeat sequence 3 times

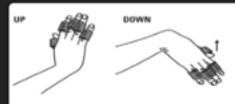
3. Thumb Stretch



Start with hands and fingers relaxed

- Touch thumbs to palm at base of pinky finger
- Open hands to full range of motion (splay fingers/extend thumb)
- Touch thumb to pinky fingertip, splay and extend
- Perform 10 repetitions
- Repeat sequence 3 times

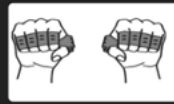
4. Wrist Flex



Start with hands relaxed

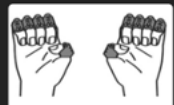
- Flex hands upward at the wrist to full range of motion
- Reverse direction, flex downward to full range of motion
- Perform 10 repetitions
- Repeat sequence 3 times

5. Fist to Claw



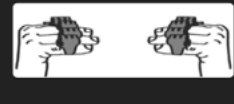
Start with hands relaxed

- Close fingers into a fist
- Roll fingers open to claw



- Perform movement 10 times
- Repeat sequence 3 times

6. Roof Top



Start with fingers at a 90° angle to hand

- Touch fingers to palms



- Return fingers to 90°
- Perform movement 10 times
- Repeat sequence 3 times

7. Finger Lift



Start with hands on a flat surface and fingers spaced

- Lift each finger 10 times
- Repeat sequence 3 times

8. Finger Walk



Start with hands on a flat surface, fingers together

- Beginning with the thumb, walk each digit inward
- Reverse direction and walk outward
- Repeat 10 times
- Repeat sequence 3 times

9. Finger Circles



Start with hands on a flat surface fingers spaced

- Beginning with the little fingers, lift and circle inward 10 times
- Reverse direction and circle outward 10 times
- Repeat sequence 3 times