

FitRx™

hand strengthening kit

versatile exercise kit

For increasing grip and hand strength

Welcome to FitRx

Let's get started using your new Hand Strengthening Kit

Adjustable Hand Gripper

Use the rotary button to adjust the resistance weight from 22-132lbs. Hold the grip tightly in your hand and squeeze to perform the exercise. You can do various methods of exercise from timed holds to speed repetitions.

Stress Ball

There are many ways to grip the stress ball for the exercise—either using your entire hand or just a few fingers. Holding the ball in your desired grip, simply squeeze and release the ball to complete a repetition.

Grip Ring

Place the ring in the palm of your hand with your fingers closed tightly around the ring and squeeze.



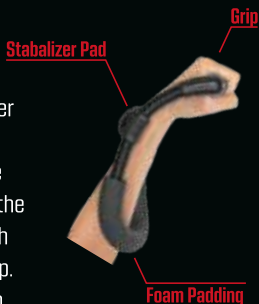
Finger Stretcher Resistance Band

Put each finger through the holes on the resistance band. Pull your fingers apart and back together to complete a repetition.

relieve. recover. relax

Wrist Srengthener

Slide the stabilizer pad (located in the middle of the wrist stengthener) up or down to your desired position. The closer the stabilizer pad is the hand grip, the more resistance. Holding the grip in one hand, pull your other hand up throught the two pieces of foam padding. Next, reach your hand back to grab a hold of the grip. From here, you can curl your wrist up to complete a repetition.



Features

Simple and effective hand strengthening tools

Versatile exercises to fit your needs

Compact design for quick workouts

Benefits

Strengthens grip and hand strength

Builds stronger muscles in your hands, wrists, and arms

**For more details on the FitRx
family of products or to check
out more innovations visit
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