

# FingerWeights™

PERFORMANCE HEALTH



## INSTRUCTIONS

### PROGRAM ♦10 EXERCISE REGIMEN

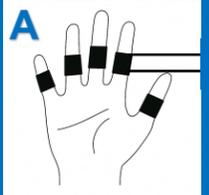
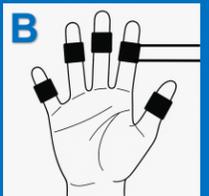
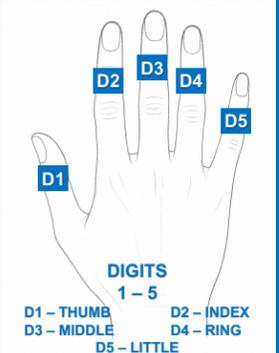


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### PROGRESSIVE TRAINING

6 • RESISTANCE LEVELS • 6

LEVEL	A   B POSITION	LOAD
1	A	10g
2	A	20g
3	A	30g
4	B	10g
5	B	20g
6	B	30g

### PYRAMID TRAINING

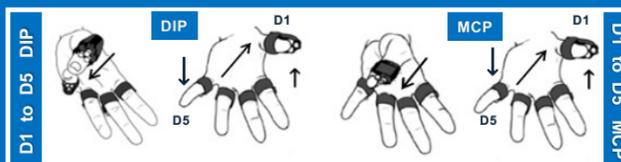
ASCENDING Light to Heavy  
DESCENDING Heavy to Light

1  
2  
4  
6  
8  
10-12 REPETITIONS

POS-WGT	REPS	POS-WGT
A - 10g	1	B - 30g
A - 20g	2	B - 20g
A - 30g	4	B - 10g
B - 10g	6	A - 30g
B - 20g	8	A - 20g
B - 30g	10-12	A - 10g

POSITION B = INCREASED RESISTANCE

### 1. THUMB STRETCH



- Start w/ hands relaxed
- D1 thumbprint to D5 DIP. Hold 3 seconds. Extend D1 to full range
- D1 thumbprint to D5 MCP. Hold 3 seconds.
- Extend D1 to full range = 1 rep
- 10 reps = 1 set | Perform 3 sets

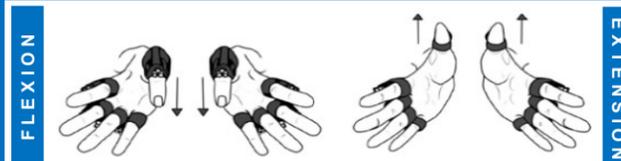
**MUSCLES ACTIVATED**

- Flexor Pollicis Brevis
- Abductor Pollicis Brevis
- Opponens Pollicis

**JOINTS ENGAGED**

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal

### 2. THUMB FLEX



- Start w/ hands relaxed
- Flex D1 downward to full range of motion. Hold for 3 seconds. REVERSE
- Extend D1 upward to full range = 1 rep
- 10 reps = 1 set | Perform 3 sets

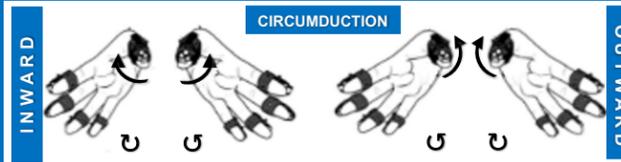
**MUSCLES ACTIVATED**

- Flexor Pollicis Longus
- Adductor Pollicis
- Flexor Pollicis Brevis

**JOINTS ENGAGED**

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal

### 3. THUMB CIRCLES



- Start w/ hands relaxed
- Circle D1 inward completing 10 revolutions. REVERSE
- Circle D1 outward 10 revolutions = 1 set
- Perform 3 sets

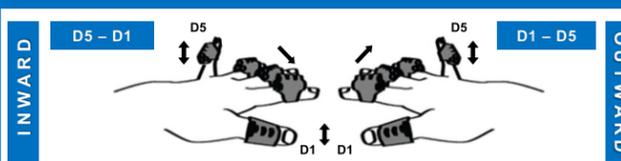
**MUSCLES ACTIVATED**

- Flexor Pollicis Brevis
- Abductor Pollicis Brevis
- Opponens Pollicis

**JOINTS ENGAGED**

- CMC : Carpometacarpal
- MCP : Metacarpophalangeal

### 4. FINGER LIFT



- Start with hands on a flat surface
- D5 to D1, lift each digit 10 times. Hold each lift for 3 seconds. REVERSE
- D1 to D5, lift each digit 10 times. Hold each lift for 3 seconds = 1 set
- Perform 3 sets

**MUSCLES ACTIVATED**

- Extensor Digitorum
- Extensor Digiti Minimi
- Extensor Pollicis Longus

**JOINTS ENGAGED**

- MCP : Metacarpophalangeal
- CMC : Carpometacarpal

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PERFORMANCE HEALTH



### PROGRAM ♦10 EXERCISE REGIMEN

**WARNING:** Choking Hazard – Small Parts  
Not for Children Under 3 Years

**CAUTION:** Projectile Hazard – NOT to be worn for activities that generate high velocity movements. Equipment may dislodge and cause serious eye injury!

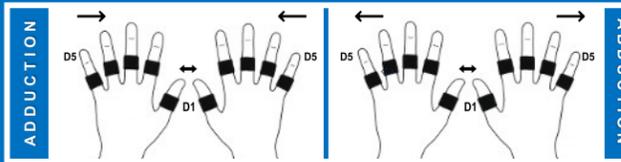
**Exercise Caution:** Prior to beginning any exercise program, consult your physician or health care professional. If you experience any pain or discomfort, stop the exercise and consult your healthcare professional.

*Adult supervision recommended for children under 10 years of age*



MADE IN U.S.A.

### 5. FINGER WALK



- Start with hands on a flat surface fingers evenly spaced
- Moving D1 to D5 slide each digit inward. REVERSE
- Moving D5 to D1 slide each digit outward = 1 set
- Perform 10 sets

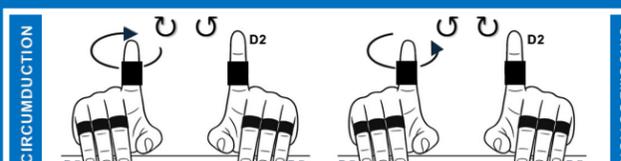
**MUSCLES ACTIVATED**

- Palmar Interossei
- Dorsal Interossei

**JOINTS ENGAGED**

- MCP : Metacarpophalangeal

### 6. FINGER CIRCLES



- Start w/ hands on a flat surface
- Raise and circle D2 inward 10 revolutions. Repeat with D3, D4, D5. REVERSE
- Begin w/ D5 end w/ D2 circle each digit outward 10 revs = 1 set
- Perform 3 sets

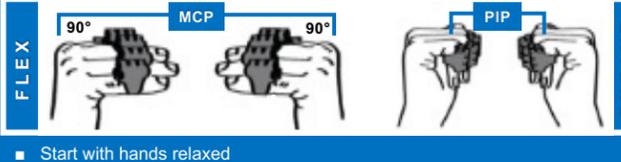
**MUSCLES ACTIVATED**

- Flexor Digitorum Profundus
- Flexor Digitorum Superficialis

**JOINTS ENGAGED**

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal
- DIP : Distal Interphalangeal

### 7. FINGER BRIDGE



- Start with hands relaxed
- Flex fingers at the MCP 90° to palm. Hold for 3 seconds
- Next, flex fingers at the PIP to touch palm. Hold for 3 seconds. REVERSE
- Extend fingers at PIP back to 90°.
- Extend fingers at MCP to full range = 1 rep
- 10 reps = 1 set | Perform 3 sets

**MUSCLES ACTIVATED**

- Flexor Digitorum Profundus
- Flexor Digitorum Superficialis

**JOINTS ENGAGED**

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal

### 8. FIST-TO-CLAW



- Start by making a fist
- Roll hands open at MCP to claw. Hold for 3 seconds. REVERSE
- Roll hands closed at MCP back to fist = 1 rep
- 10 reps = 1 set | Perform 3 sets

**MUSCLES ACTIVATED**

- Extensor Digitorum
- Extensor Indicis
- Extensor Digiti Minimi

**JOINTS ENGAGED**

- MCP : Metacarpophalangeal
- PIP : Proximal Interphalangeal
- DIP : Distal Interphalangeal

### 9. WRIST FLEX



- Start with hands relaxed
- Flex wrist downward. Hold for 3 seconds. REVERSE
- Extend wrist upward. Hold for 3 seconds = 1 rep
- 10 Repts = 1 set | Perform 3 sets

**MUSCLES ACTIVATED**

- Flexor Carpi Radialis
- Flexor Carpi Ulnaris
- Palmaris Longus

**JOINTS ENGAGED**

- MCJ : Midcarpal
- RCJ : Radiocarpal

### 10. WRIST CIRCLES



- Start w/ hands relaxed
- Circle wrists inward 10 revolutions. REVERSE
- Circle outward 10 revolutions = 1 set
- Perform 3 sets

**MUSCLES ACTIVATED**

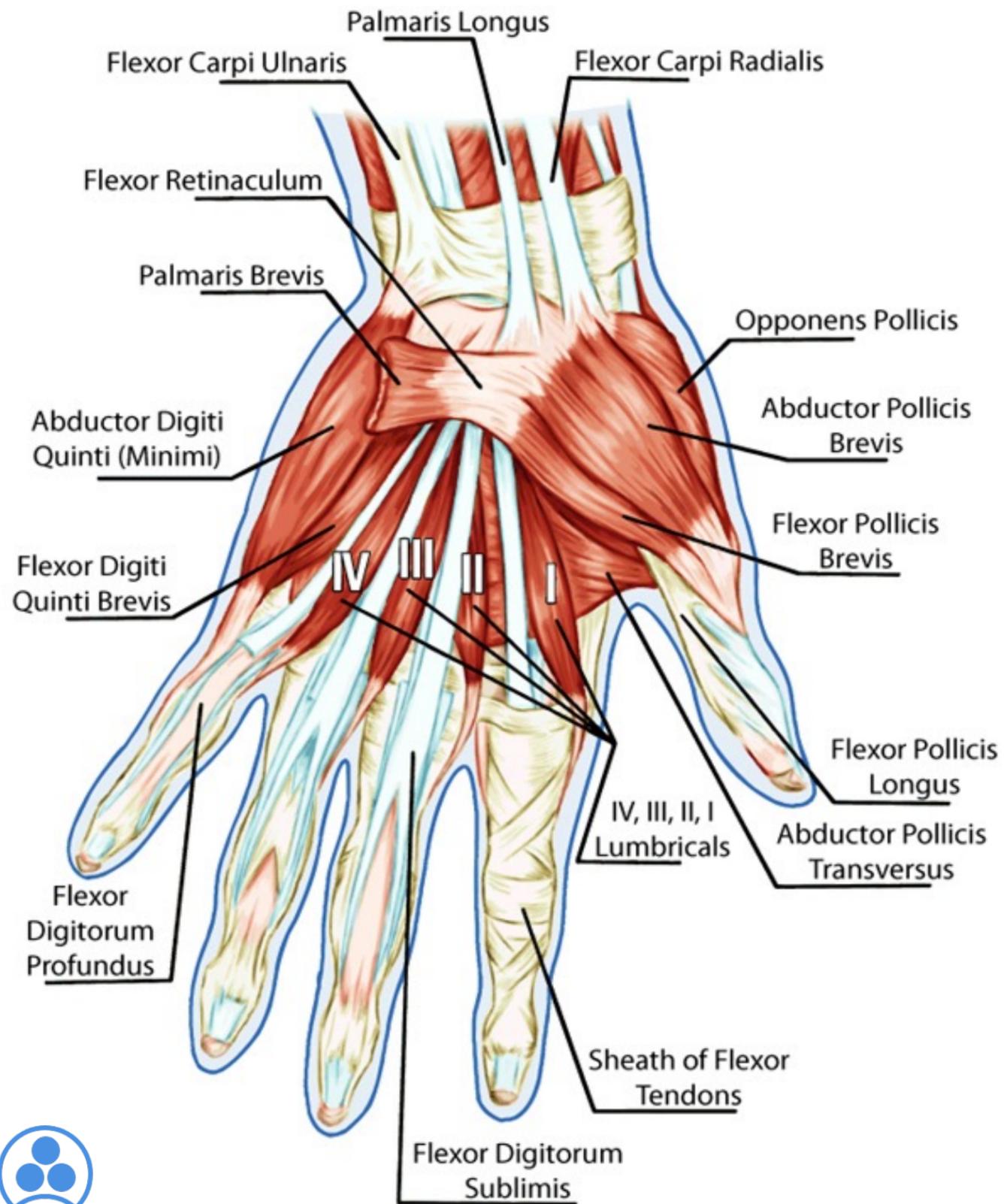
- Flexor Carpi Radialis
- Pronator Teres
- Palmaris Longus
- Flexor Carpi Ulnaris

**JOINTS ENGAGED**

- RCJ : Radiocarpal
- ICJ : Intercarpal



# MUSCLES OF THE HAND



# JOINTS OF THE HAND

