

FingerWeights™

PERFORMANCE HEALTH



INSTRUCTIONS

PROGRAM ♦10 EXERCISE REGIMEN

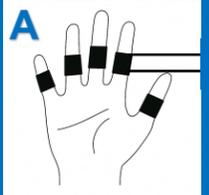
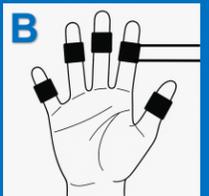
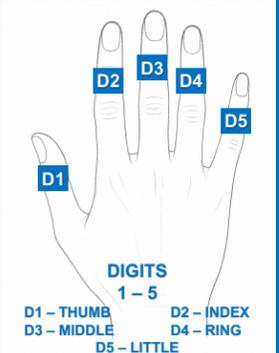


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PROGRESSIVE TRAINING

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

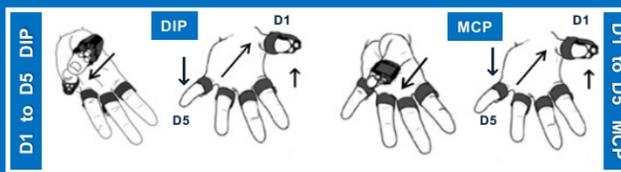
ASCENDING Light to Heavy
DESCENDING Heavy to Light

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

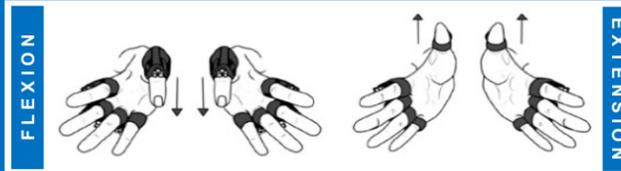
MUSCLES ACTIVATED

- 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

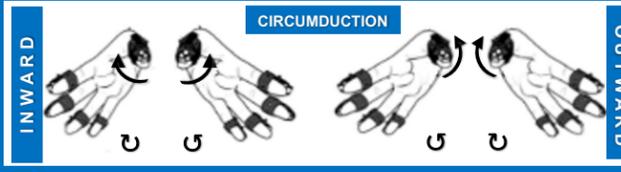
MUSCLES ACTIVATED

- 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

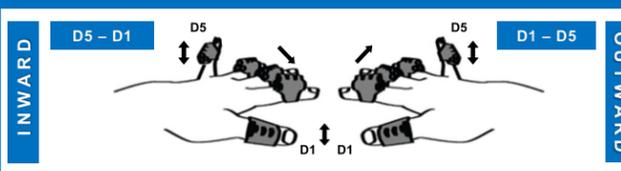
MUSCLES ACTIVATED

- 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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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!

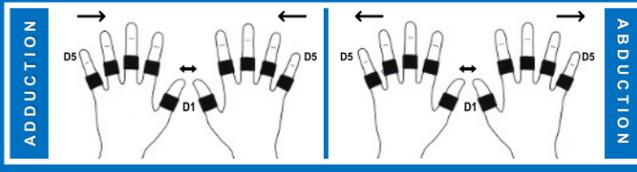
Exercise Caution: Prior to beginning any exercise program, consult your physician or health care professional. If you experience any pain or discomfort, stop the exercise and consult your healthcare professional.

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

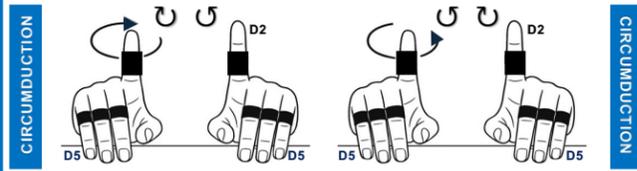
MUSCLES ACTIVATED

- 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

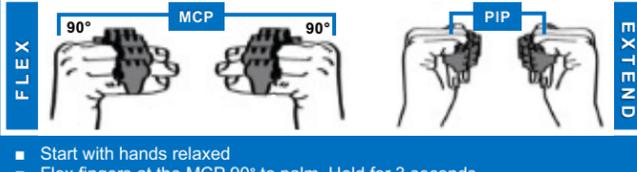
MUSCLES ACTIVATED

- 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

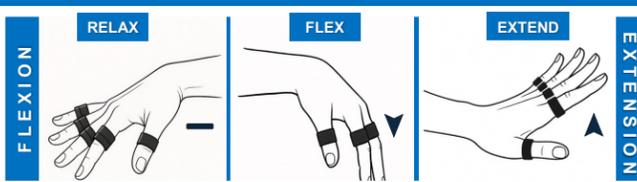
MUSCLES ACTIVATED

- 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

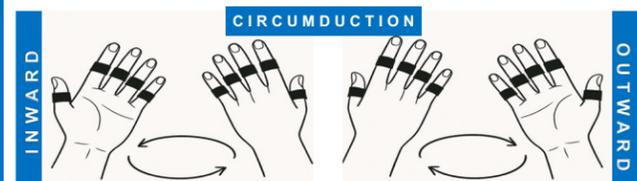
MUSCLES ACTIVATED

- 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

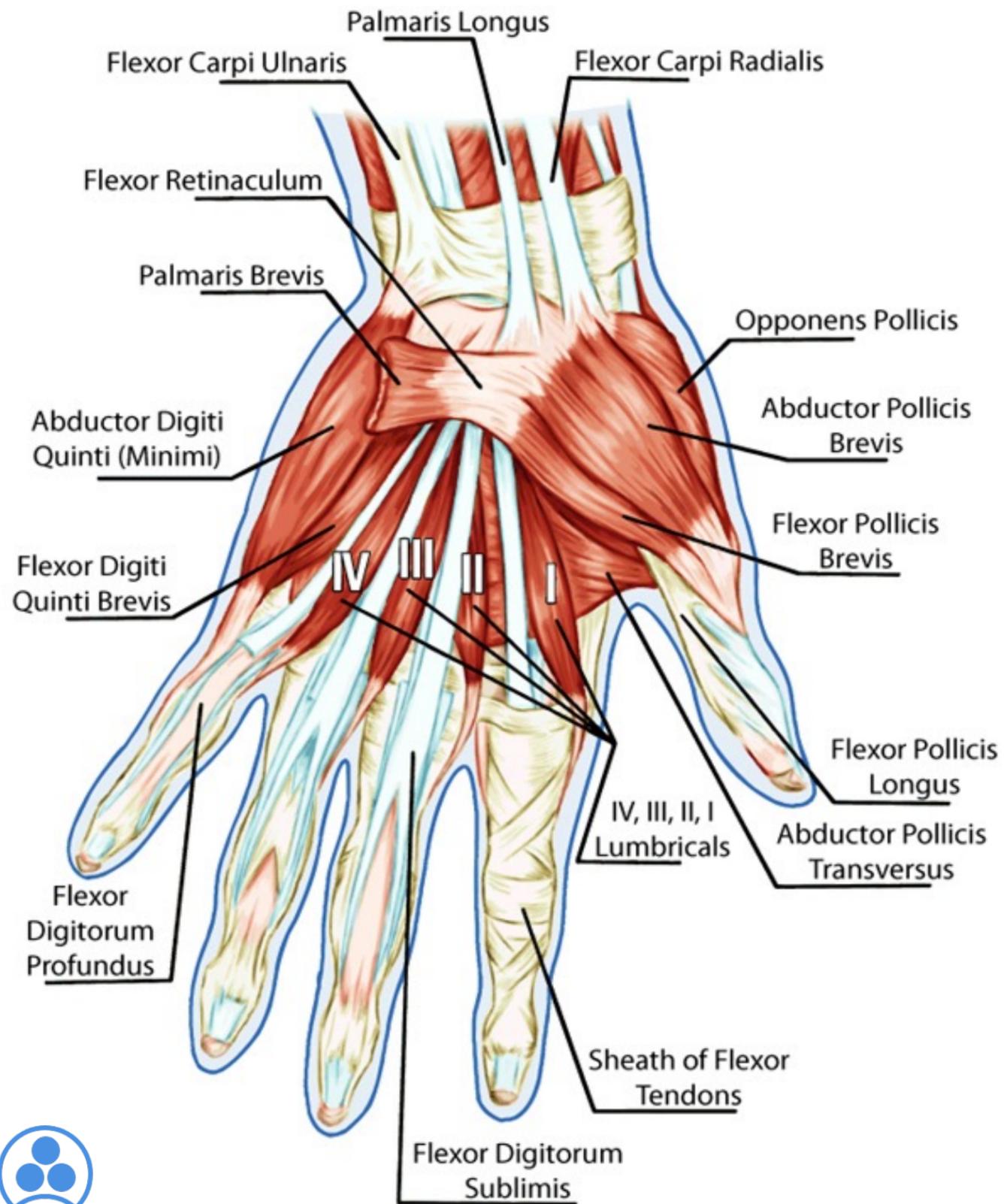
- Flexor Carpi Radialis
- Pronator Teres
- Palmaris Longus
- Flexor Carpi Ulnaris

JOINTS ENGAGED

- RCJ : Radiocarpal
- ICJ : Intercarpal



MUSCLES OF THE HAND



JOINTS OF THE HAND

