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FitBeast JZTZ001

FitBeast Finger Exerciser Set Instruction Manual

Model: JZTZ001

1. PRODUCT OVERVIEW

The FitBeast Finger Exerciser Set is designed to enhance hand strength, dexterity, and coordination. It is an ideal tool for rehabilitation, stroke recovery, arthritis management, and for individuals seeking to improve their grip strength, such as athletes, musicians, and seniors. The set includes five color-coded finger exercisers with varying resistance levels and a collection of wooden blocks for engaging motor skill training.



Image: The complete FitBeast Finger Exerciser Set, showcasing the five resistance clips and the accompanying wooden blocks.

2. COMPONENTS

- **5 Color-Coded Finger Exercisers:** Each exerciser features a reinforced plastic body and heavy-duty metal springs, providing progressive resistance.
 - Yellow: 1 lb resistance
 - Red: 2 lb resistance
 - Green: 4 lb resistance
 - Blue: 6 lb resistance
 - Black: 8 lb resistance
- **Wooden Blocks:** A set of wooden blocks in various shapes (cubes, spheres, half-spheres) designed for coordination and dexterity exercises.
- **Storage Pouch:** A compact pouch for convenient storage and portability of the set.
- **User Instruction Manual:** This guide provides detailed instructions and exercise suggestions.



Image: Detailed view of a green finger exerciser, highlighting its dimensions and the resistance levels associated with each color.

3. SETUP

The FitBeast Finger Exerciser Set requires no assembly. Simply remove the components from the storage pouch. Select the appropriate resistance level for your current strength and exercise needs. Begin with the lowest resistance (Yellow, 1 lb) and gradually increase as your strength improves.

4. OPERATING INSTRUCTIONS (USAGE)

The finger exercisers and wooden blocks can be used for a variety of exercises to improve hand function. Always perform exercises in a controlled manner, focusing on smooth movements rather than speed. Consult with a healthcare professional or physical therapist for personalized exercise routines, especially if recovering from an injury or managing a medical condition.

4.1 Finger Exerciser Usage

1. **Pinch Grip:** Hold the finger exerciser between your thumb and a finger (e.g., index finger). Squeeze the exerciser to bring the two sides together, then slowly release. Repeat for desired repetitions.

2. **Multi-Finger Pinch:** Use your thumb and two or more fingers to squeeze the exerciser, focusing on engaging all digits.
3. **Individual Finger Strengthening:** Isolate specific fingers by using them in combination with your thumb to squeeze the exerciser.

Train Your Grip, Anytime You Clip



Build Grip Strength



Relieve Daily Stress



Support Hand Recovery



Image: A hand demonstrating the proper grip on a green FitBeast finger exerciser.

4.2 Wooden Block Exercises (Coordination & Dexterity)

The wooden blocks are designed to be manipulated using the finger exercisers, enhancing fine motor skills and hand-eye coordination. The goal is to pick up and move the blocks without touching them directly with your hands, using only the exerciser.



Image: A blue finger exerciser being used to pick up a wooden block, illustrating a dexterity exercise.

1. Task 1: Arranging Blocks and Spheres:

Arrange the wooden blocks and spheres in a specific pattern on a flat surface. Use the finger exerciser to pick up each piece and place it in its designated spot. Focus on precision and control.



Image: Wooden blocks and spheres laid out in a sequence, representing Task 1 for coordination training.

2. Task 2: Stacking Blocks and Spheres:

Using the finger exerciser, carefully stack the wooden blocks and spheres to build a tower or specific structure. This requires a steady hand and precise movements to avoid knocking over the stack.



Image: A small tower constructed from wooden blocks with a half-sphere on top, illustrating Task 2 for stacking and balance.

3. Task 3: Complex Stacking:

Advance to more complex stacking patterns, such as building structures with multiple blocks on the bottom and smaller blocks or spheres on top. This further challenges hand-eye coordination and fine motor control.



Image: A more intricate wooden block structure, demonstrating Task 3 for advanced coordination.

These exercises are designed to be progressive. Start with simpler tasks and gradually move to more challenging ones as your dexterity and strength improve. The wooden blocks can also be used for other creative exercises to keep training engaging.

5. MAINTENANCE

- **Cleaning:** Wipe the finger exercisers and wooden blocks with a damp cloth and mild soap if necessary. Ensure they are completely dry before storing.
- **Storage:** Store all components in the provided storage pouch in a cool, dry place away from direct sunlight.
- **Inspection:** Periodically inspect the exercisers for any signs of wear or damage, especially the metal springs. Discontinue use if any damage is observed.

6. TROUBLESHOOTING

- **Exerciser feels too easy/hard:** Ensure you are using the correct color-coded exerciser for your desired resistance level. Start with lower resistance and gradually increase.
- **Difficulty gripping blocks:** Practice with larger blocks first, or use the exerciser on a flat surface to get accustomed to the pinch mechanism before attempting to pick up objects. Ensure the exerciser is clean and free of any residue that might reduce grip.
- **Squeaking sound from exerciser:** A small amount of silicone-based lubricant can be applied to the metal spring if a squeaking sound occurs. Avoid oil-based lubricants.

7. SPECIFICATIONS

Brand	FitBeast
Model Number	JZTZ001
Colors Included	Yellow, Red, Green, Blue, Black
Material	ABS Plastic, Wood
Tension Levels	1 lb to 8 lb
Product Dimensions	5.31"L x 4.13"W

8. WARRANTY AND SUPPORT

For any questions regarding the FitBeast Finger Exerciser Set, including product use, maintenance, or potential issues, please contact FitBeast customer support. Refer to the product packaging or the retailer's website for the most current contact information and warranty details.

You can also visit the official FitBeast store for more information: [FitBeast Store on Amazon](#).