



D Addario VARI-GRIP Adjustable Hand Exerciser Instruction Manual

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D Addario VARI-GRIP Adjustable Hand Exerciser



VARI-GRIP ADJUSTABLE HAND EXERCISE

The VARI-GRIP ADJUSTABLE HAND EXERCISER is a portable and adjustable hand exerciser that can be used to strengthen and build endurance for the forearm, wrist, hand, and finger muscles. It can be used by musicians, athletes, and anyone looking to improve their grip strength and dexterity.

Product Usage Instructions

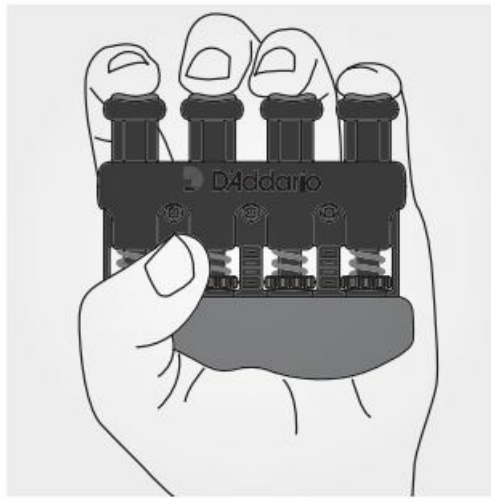
1. **Palm to Tip:** Hold the VARI-GRIP in your hand with the rubber palm grip facing down. Place your fingers on the simulated strings and press down with your fingers and thumb. Repeat this motion to build speed and dexterity.
2. **Fist Grip:** Hold the VARI-GRIP in your hand with the rubber palm grip facing up. Make a fist around the device and squeeze it as hard as you can. Repeat this motion to strengthen and increase endurance of entire hand and forearm muscles.
3. **Thumb to Tip:** Hold the VARI-GRIP in your hand with the rubber palm grip facing down. Place your thumb on the simulated string closest to the tip of the device and press down. Repeat this motion with each finger to build individual finger strength along with forearm muscles.
4. **Chord Press:** Hold the VARI-GRIP in your hand with the rubber palm grip facing down. Place your fingers on the simulated strings and press down with your thumb to form a chord shape. Repeat this motion to build endurance in the thumb and forearm for chord playing. Great for beginners learning bar chords.
5. **Thumb Squeeze:** Hold the VARI-GRIP in your hand with the rubber palm grip facing up. Place your thumb on the piston side of the device and squeeze it as hard as you can. Repeat this motion to strengthen thumb area muscles while increasing endurance.
6. **Callus Builder:** Flip the rubber palm grip to the piston side of the VARI-GRIP to expose the simulated strings. Use the Palm to Tip, Thumb to Tip, or Chord Press exercises to build and maintain calluses while building muscle strength and endurance.

INTRODUCTION

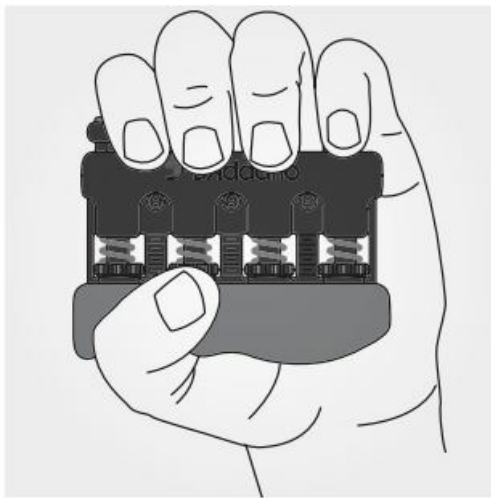
The Varigrip Hand Exerciser is a pocket-sized conditioning tool that provides strength, speed building, and maintenance for the entire hand, wrist, and forearm while also offering an excellent pre-gig warm-up. The patented exerciser allows adjustable tension to each spring-loaded piston for an isolated and individual finger workout that no other hand exerciser can offer. As a bonus, simulated guitar strings underneath the soft rubber pad mimics the feel of real instrument strings to help build and maintain your calluses when away from your instrument. From beginners to pros, the Varigrip is the easiest way to achieve and maintain peak performance conditioning.

INSTALLATION INSTRUCTION

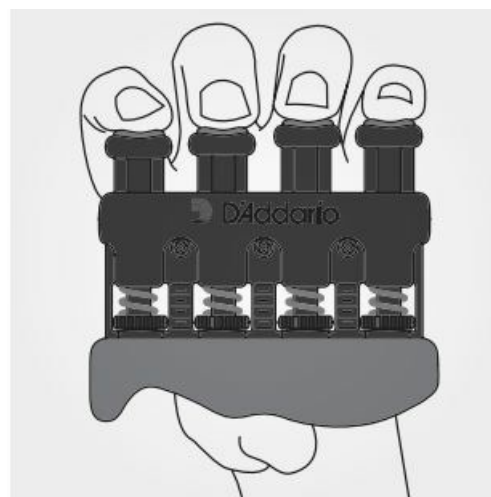
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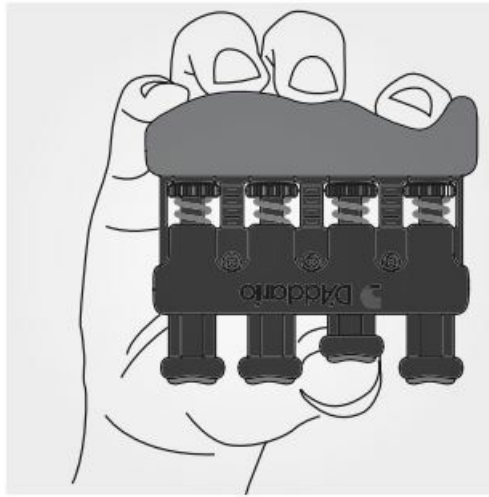
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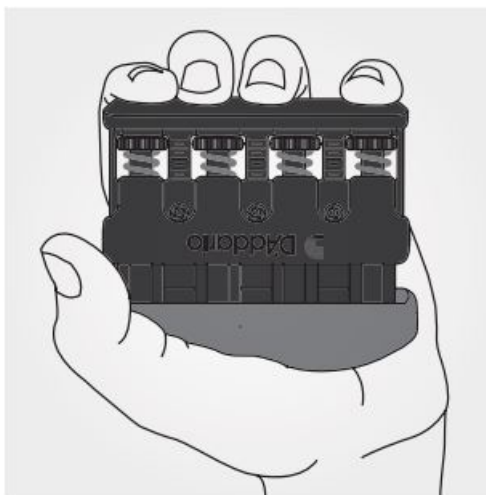
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**VARI-GRIP ADJUSTABLE
HAND EXERCISER**

learning for clients.



Explore the advantages of using the Pulse to Top, Thank to Top, or Chat Press over ones to hold and maintain offices while building more strength and endurance.



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VARI-GRIP, VARI-GRIP Adjustable Hand Exerciser, Adjustable Hand Exerciser, Hand Exerciser