



Hand Gripper User Guide



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Hand Gripper Strengthener

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Gain the Strength to Grab What You Want

Grip strengtheners are sometimes also called grippers. Grip strengtheners is a gym equipment with is used to do hand exercise. These are used to increase hand grip. In other words, grippers are used to improve strength and power. There are many unique exercises you can do to achieve a good grip with the hand gripper. Initially, an ideal setting for using a grip strengthener is to have 2-4 sets which will have 15-20 reps in each set. This is known as one of the best ways to increase your strength in the forearms. All you need to do when it comes to these are press the two handles. You can do this at any time of the day as long as you want.

Some people might not think these things are challenging but, they are. It would be better if you do not purchase plastic hand grippers because they are more prone to break easily but our premium quality hand gripper is made of high-quality material which isn't easy to break. This gripper comes in a wide range of variety of power all the way ranging from 5 to 60 kg. You can train with this gripper as much as you want because it is a very easy and straightforward exercise. By doing this regularly you will be able to have the amazing arm strength. If you are a starter then you can start with 2-4 sets of 8-10 reps and you can always start from there all your way up.



Evolutionary Design of Hand Strengthener

How does our grip strengthener improve strength? It is design to be used in such a way that you are only allowed to use your four fingers and not the thumb of both hands while pressing it. The size which is suitable and easy to hold with everyone's hand. Features an adjustable knob to change resistance level from 5 to 60 kg (11-132lbs) making it a suitable hand exerciser for men and women.

How does Our hand gripper work? You need to press both hands of grip strengthener with full force and when both hands meet it completes one round. This exercise not only improves your grip but also strengthens muscles. And improves body functionality. Experts say it hurt at the start. You will have hand aches and you may feel slight pain when holding things. But eventually, you will get resistance to pain. Your body will get used to it and will stop reacting. And you will soon have stronger hands. Hand grippers not only increase muscle strengthening but also makes your wrist strong. It also enables fingers to perform efficiently. Following are the demonstration attached of exercise you can perform with our hand strengthener.

Hand Squeeze



Reverse Hand Squeeze



Supported Finger Exercise



MULTIPLE EXERCISES WAY



Ring & Pinky Finger



Thumb & Little Finger



Thumb & Index Finger

The Endless Uses of Gripper

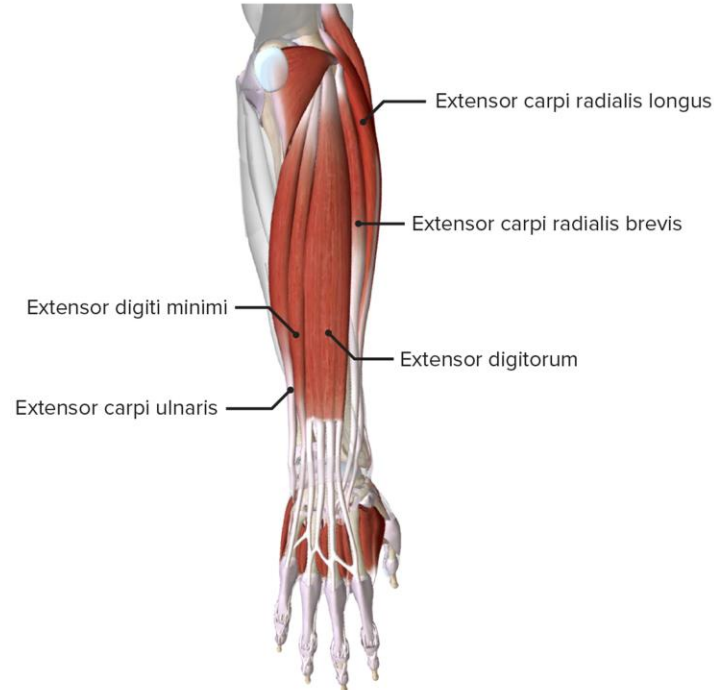
If you want to stay healthy but cannot pay for the gym, this is the best solution. Just get yourself a hand gripper and you are good to go. The best part about this is you do not even need to have a special trainer for that, nor specific timings are needed, just perform it when you feel like doing it. It enables your body to perform better, and it gets easier to perform other exercises as well like pull-ups and pushups. If you are a hyper person naturally or it is your job that made you short-tempered, this works best for that. Whenever you feel angry or feel that you are using it start using hand grippers.

This tool works also works as a stress-reliever and you can carry it with you whenever and wherever you want. It is lightweight which means your hand does not hurt while holding it. You can carry it with you without any further weight. Being smaller in size means it occupy less space. Similarly, it comes in compact small packing. There are no such precautions before using it. And also, there is no such limitation on who can use it and who cannot. It can be used by elders or young because it is only improving body strength.



The Usage of Hand Grippers in the Medical Sector

It has given a knob that you can tight and loose as per your strength or the intensity of the workout that you want to perform. Our new models have non-slippery handles, which keep you safe from any injury while exerting pressure on them. Our hand grippers contain intensity adjustment option ranging from 5 to 60kg and this is a very convenient option because you can increase or decrease the workout intensity as per your schedule. This Hand strengthener can also be used to overcome wrist pain and sometimes doctors also prescribe to use it. People having muscle problems or arm strengthening issues can also use it. Doctors also prescribe it to those nursery students who have trouble holding and gripping pencils. Some of the hand strengtheners are made up of plastic and one has to be very careful with exerting pressure.



How do this Hand Gripper Work?

Hand strengtheners work vigorously, making your palm, wrist, and fingers stronger. Beginners, who have not done any exercise can use the. By using hand strengtheners you can prepare your body for aggressive exercise and intense gym sessions. But it is important to fix hand grippers according to the intensity your body can bear. Hand strengtheners can also be used to warm up before any exercise. Using this you will prepare your body for any hard exercise and so the muscles will also respond efficiently. The best option to improve handgrip by a hand strengthener. They cost less and last longer. Most trainers and gyms include hand strengthening along with deadly pushups, pull-ups, and deadlifts.

The Best Way to Use Hand Gripper

Keep your fingers firm and tight and have a strong grip. This will get easier for your hand to create tension between your fingers and wrist, and then try to squeeze all your fingers together at once. The tension that would be created will allow the muscle of knuckles to activate for better movement. This will increase blood circulation and it's also said somewhere that your nail growth increases when you use hand grippers. How does that happen?

This is because of blood circulation. When blood circulation increases, it carries all the nutrients that are vital along with it, and through this nail growth increases. High reps are a great way to improve strength endurance, which increases your capabilities of holding objects firmly and tightly. It is always best to buy 3 sets of different reps of hand strengtheners.

A Road Map to Increase Your Forearm Strength

You can start with the low reps following with the medium intensity one and then you can go to the higher intensity one. One by one. High reps are also useful to get your body warmed up before a high-intensity workout. This works the best for bodybuilders. Using low reps involves 6 reps. You can use low reps if you're a beginner. Because using reps below 3 is very often and it can make your knuckles and fingers sore. But after some time of the usage of hand grippers and you need to test where your strength level exceed you can use a high reps gripper. And you can judge yourself.

The best way to use it is too slowly close it with full strength and then most importantly open it slowly. Otherwise, it can hurt your hand. Having a strong hand makes it easier to perform normal daily routine tasks, like holding a cup of coffee or walking back home holding a bag full of grocery items. Researchers have proved that if a person's grip gets better, his body functions get better and so is the overall quality of life gets better. And who does not want to live a healthy life without any worries? It is very common, and we observe it almost daily that as the age increases grip of holding things decreases, and they get unable to carry stuff and cannot hold things in normal life, which obviously is a big barrier and hurt their feelings badly.

All the Parts that will Strengthen if You Use Hand Gripper

And after ordering A5 Fitness gather yourself for a healthy lifestyle. It will increase your core strength. Hand grippers will allow you to work on your palm endurance any time you want. Your hand muscles will start working efficiently. The usage of hand strengtheners will increase the ability to move your fingers and also your fingers will get used to having pressure. It will make them stronger to perform better. Your body especially your hands and fingers will get energetic. Its usage will increase blood circulation. You will breathe more resulting in more oxygen levels in your body. Your body will get healthy. Your way of performing things will get improved. You will stay fit and healthy.

As research says, life expectancy has increased. You will have a long life. You will live a healthy life. Your hands will get better at performing daily tasks. Usage of hand strengtheners helps children with gripping pencils because this is very much common. In the nursery, children are too small to hold pencils. Their bodies are not developed at that time and they struggle to hold one. So it's better to let them usage a hand gripper but obviously under parental observation. Similarly, it helps people with old age with the grip. Their handshakes while holding heavy things, ask them to do this once a day and they will do better.



Conclusion

To sum everything up, our hand gripper can be a fabulous tool to use when you want to make arm strength. This can help with a lot of different things. Even for the long run the benefits of hand grippers remain. Mostly importantly, it also tends to fix wrist movements and many other problems when it comes to medical illnesses.