

HAND STRENGTH GRIP EXERCISE GUIDE

PALM SQUEEZE



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb. Hold for 1-2 seconds, release, and repeat.

FINGER SQUEEZE



Start: Place Hand Grip in fingers of hand. Align hand with wrist and forearm in a palm-forward position and gently grasp with straight fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb. Hold for 1-2 seconds, release, and repeat.

WRIST BEND (DOWN)



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist downward. Hold for 1-2 seconds, return to start position, release, and repeat.

WRIST BEND (UP)



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in handshake position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist upward. Hold for 1-2 seconds, return to start position, release, and repeat.

WRIST EXTENSION



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in a palm-down position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist upward. Hold for 1-2 seconds, return to start position, release, and repeat.

WRIST FLEXION



Start: Place Hand Grip in palm of hand. Align hand with wrist and forearm in a palm-up position and gently grasp with bent fingers and thumb.



Finish: Keep hand aligned with wrist and forearm and squeeze Hand Grip with fingers and thumb while bending wrist downward. Hold for 1-2 seconds, return to start position, release, and repeat.

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**Bill Evjen, Christian Nagel, Rod
Stephens, Robert Vieira, Nick Randolph**

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world where everything is designed from the toy s point of view says director josh cooley we really wanted to expand the world as much as possible so going outside of the tri county area was huge

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web apr 24 2020 hey howdy hey fans of toy story 4 think you know more about the latest toy story film than the bookworm himself you may be right but just in case here are a few things you may not know for réjean and canada

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web jun 20 2019 macera animasyon komedi Çocuklar ve aile woody dünyadaki yerinden hep emin olmuştur andy ya da bonnie olsun önceliği çocuğuna göz kulak olmaktır bonnie nin sevgili elişinden oyuncağa dönüşen oyuncağı forky kendini çöp olarak görür ve woody forky ye oyuncak olmayı nasıl benimseyeceğini öğretir

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web bu yaz toy story 4 te oyuncaklar yepyeni bir macerayla beyaz perdeye geri dönüyor toy story 4 te woody buzz ve ekibin geri kalanı evden uzakta onları beklenmedik yerlere sürükleyen şaşırtıcı bir yolculukta yeni ve eski arkadaşlarla bir

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web by the time woody escapes the shop he realizes that he has left forky behind woody reunites with bo who has become a nomad adventurer helping lost toys find owners with bo s companion a diminutive toy cop named giggle mcdimples they take a route through a nearby carnival to rescue forky from the antique store

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web mar 19 2019 vdomdhtmltml toy story 4 official trailer 2019 disney pixar youtube subscribe for more movie clips here goo gl 8xzrw4toy story 4 is an upcoming american 3d computer animated comedy

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web jun 21 2019 1h 40min release date june 21 2019 genre adventure animation comedy woody voice of tom hanks has always been confident about his place in the world and that his priority is taking care of his kid whether that s andy or bonnie

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web toy story 4 is pixar s twenty first feature film and the fourth installment in pixar s toy story franchise and the sequel to 2010 s toy story 3 the film was directed by josh cooley and released in theaters on june 21 2019

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web mar 19 2019 watch the new trailer for toy story 4 now in theatres june 21 woody ha on the road of life there are old friends new friends and stories that change you

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web jun 21 2019 99 photos animation adventure comedy when a new toy called forky joins woody and the gang a road trip alongside old and new friends reveals how big the world can be for a toy director josh cooley writers

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