



Thank you for purchasing the r:grip. R:grip is the industry's most versatile total hand exerciser with incomparable comfort and durability. In order to get the most out of this product, please read the use and care instructions below. R:grip is recommended to aid in improving strength, range of motion, coordination, dexterity, and increasing blood flow.

## PRODUCT CARE

**ALWAYS STORE YOUR R:GRIP IN THE BAG.** The patented material contains mineral oil and should not be used or stored with paper, vinyl, latex, or some other types of plastics. Leaving the r:grip on some surfaces can cause damage.

Product may be washed with mild soap and water. Dry and apply a light coating of talc or baby powder to prevent stickiness. Remember to store product in plastic bag.

## PRECAUTIONS

Always consult your physician or healthcare professional before beginning an exercise program. This product is not a toy and children should not use without direct supervision from a parent or healthcare professional. Do not place product in mouth.



## INSTRUCTIONS FOR USE

Place fingers into finger holes. Slowly extend your fingers and thumb away from the ball and hold for 2 seconds. Close your hand and squeeze the ball for 2 seconds. For complete hand/wrist/finger strengthening, perform exercise with fingers placed all the way into finger holes, and also with holes near your fingertips.

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