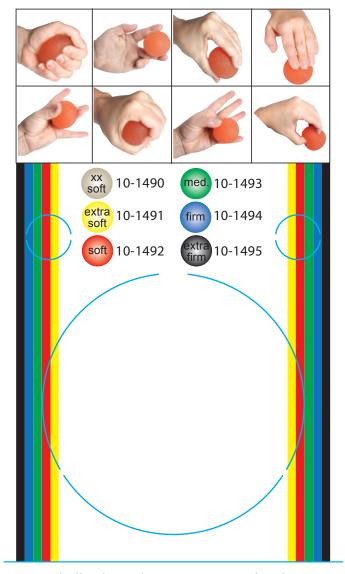


Try these grip and finger exercises to develop strength and dexterity. Build strength with progressive resistance!



ball color indicates resistance level











