

**GETAGRIP™**



**#1** Squeeze Ball Repetitions For Hand Warm-up



**#2** Grip end of shaft and move GETAGRIP™ up and down, side to side and rotate for wrist warm-up.



**#3a**



**START POSITION**  
Grip shaft in one hand, large end grip in other hand, and twist unit, then adjust resistance knob for desired level of workout resistance. Hold GETAGRIP™ upright to chest with large end grip at top.

**#3b**



**END POSITION**  
Extend arms outward until fully extended, while rotating each hand/wrist in opposite direction. Then bring GETAGRIP™ back to chest position, while reversing rotation. Rotate GETAGRIP™ 180° sideways and change hand positions. Repeat rotations as in 3a & 3b.

**#4a**



**START POSITION**

**#4b**



**END POSITION**  
Remove large end grip and grasp small end grip in one hand and grip shaft in other hand. Repeat motions of 3a and 3b above.

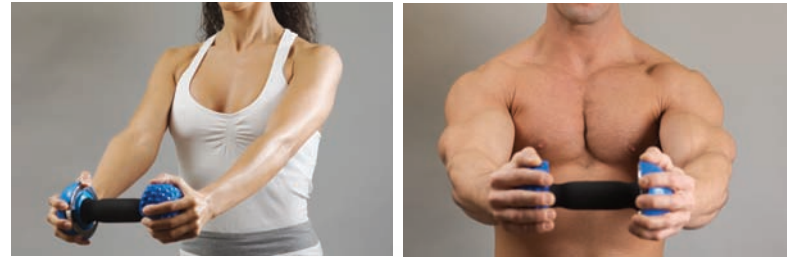


*"Endorsed by the Chief of the National Hand Center"*

**#1** **HAND-GRIP-WRIST-FOREARM WORKOUT FOR ALL SPORTS!**

- STRENGTH
- FLEXIBILITY
- ENDURANCE
- RANGE OF MOTION
- ADJUSTABLE RESISTANCE
- LIGHTWEIGHT & COMPACT

SHAPES & TONES YOUR UPPER AND LOWER ARMS!



1 Resistance Knob

2 Shaft

3 Small End Grip

4 Massage Grip

6 Squeeze Ball

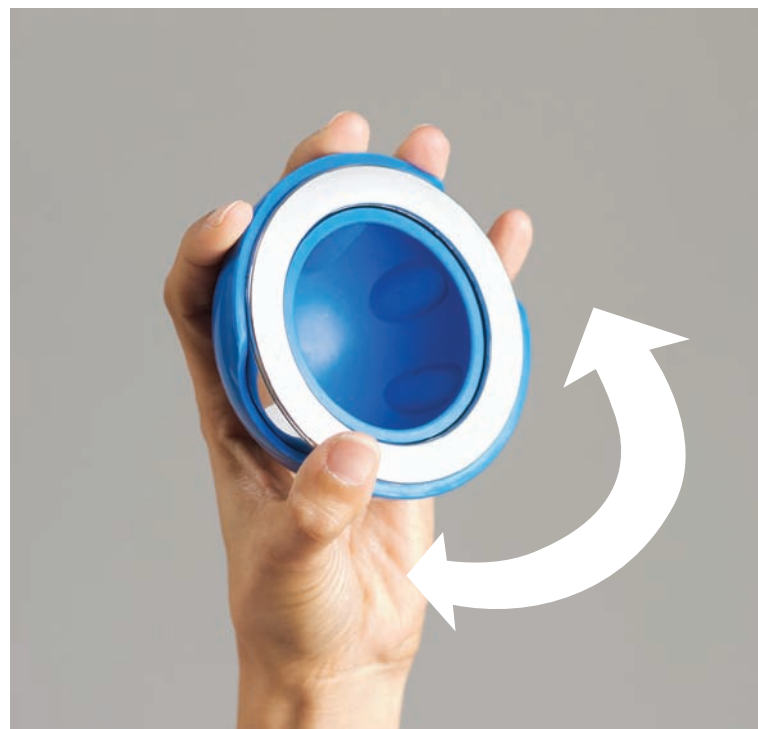
5 Large End Grip

7 Massage Grip Insert (slides onto resistance knob)

8 Large End Cap Gyro Ring

WARNING: To reduce the risk of injury read all important precautions and instructions in this manual before using GETAGRIP™.

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**#5** Grasp large end grip (with gyro ring inserted) and rotate grip/gyro in slow and fast movements to warm-up wrists and improve flexibility.

**MORE EXERCISES ON REVERSE**

#6a



Remove gyro ring and hold large end grip in hand.

#6b

Squeeze large end grip closed and repeat motion until hand/grip tires.



#9

Squeeze massage grip closed and open. Rotate massage grip slightly in hand For a pressure point massage.



#10



Push massage grip insert over resistance knob to create a dumbbell for arm exercises.

Put massage grip insert into center cup of massage grip, until insert edge is level with edge of center cup (fully seated).



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#7a



With gyro ring removed rotate large end grip 180°, and hold large end grip in fingers of one hand.

#7b



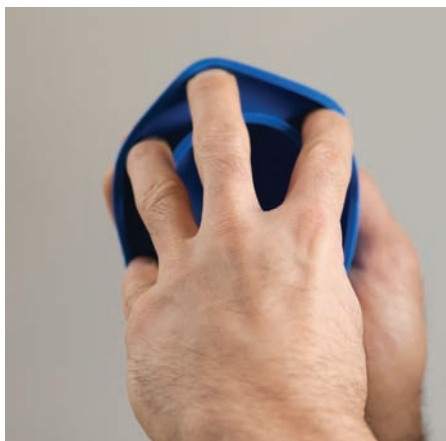
Squeeze fingers closed and then open. Repeat motion until fingers fatigue and then relax.

#8a



With gyro ring removed, hold large end grip in one hand. Insert fingers of other hand into the inside center cup or outer circular groove.

#8b



Flex fingers/hand in isometric opening grip motion, repeat motion and then relax.

## Ladies' Special BONUS EXERCISES! SHAPE AND TONE ARM MOVES

### TRICEP SHAPE & TONE



Hold GETAGRIP™ up to the shoulder. The end grip hand should be level with the shoulder.



Repeat the motions in #3a and #3b fully extending the GETAGRIP™ diagonally across the body exercising the tricep through its full range of motion.

### CHEST SHAPE & TONE



Hold the dumbbell lower in both hands, and push inward for isometric chest exercise.



Hold the dumbbell in both hands with arms extended straight and push inward for an upper chest isometric exercise.

Visit our site: [www.getagripworkout.com](http://www.getagripworkout.com)

**WARNING:** To reduce the risk of injury read all important precautions and instruction in this manual before using GETAGRIP™.

- Consult a physician first before beginning this or any exercise program.
- Start on the lowest resistance and perform exercises slowly.
- If you experience any pain, dizziness or shortness of breath stop exercising immediately and consult your physician.
- This product is not a toy - Keep away from children.