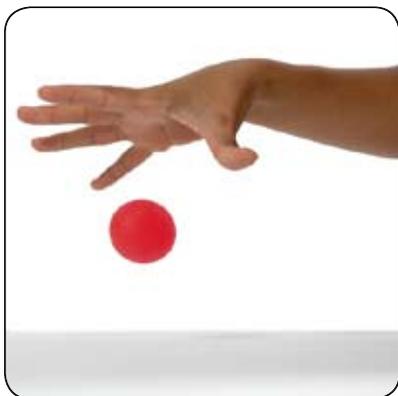


Assess Your Strength

To get a sense of your maximum grip strength, squeeze the ball as hard as possible, then release. Now, squeeze the ball with about half as much pressure, then repeat. Your goal is to maintain about one-quarter of your maximum possible pressure, to exercise the hand without inducing further strain.

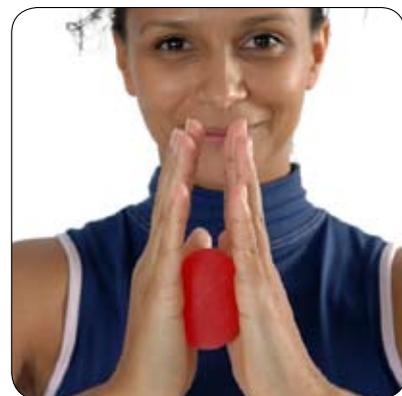


Warm Up

Squeeze the ball briefly but firmly 10 to 20 times. Switch to your other hand. Although you feel no strain on your less dominant side, your hands work in tandem throughout the day. Your body can benefit from strength and flexibility training on both sides.

Squeeze Ball Red Flags

Hand or wrist strain with swelling and inflammation, severely impaired basic function or pain along the entire side of the body may be the sign of a serious medical condition and require professional attention. As with any exercise equipment, use Squeeze Balls & Eggs in moderation and only after consulting a trained and licensed healthcare professional.



Bouncing Ball

Lean your elbow on the table while holding a Squeeze Ball, your forearm in a 45° angle. Throw the Ball to the table and catch it when it bounces back. Repeat. For additional challenge, try this exercise with a Squeeze Egg.

Egg Squash

Hold the Squeeze Egg between the palms of your hands, in front of your chest. Squeeze the egg, pushing both hands toward each other.



Scissor Fingers

Hold the Squeeze Egg between two fingers. Squeeze the fingers inward, mimicking a pair of scissors.

Finger Flip

Place the Squeeze Egg between 3 fingers, one underneath, two on top. Now roll the Egg one finger left or right, holding it with two fingers underneath and one on top. Repeat till you reach the last finger of your hand and then change direction.