

### 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.

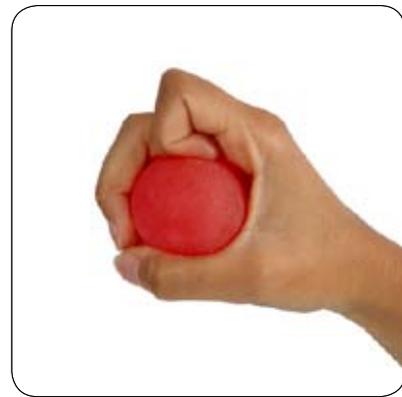


### Warm Up

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.



### Wrist Strain

Gripping the Squeeze Ball with both hands, twist each hand as if opening a jar lid, then twist the other direction. Be extremely careful with this exercise as it can induce further wrist strain.

### Finger Extension

Hold the Squeeze Egg in the palm of your hand, curling one finger inward. Try to extend the finger into the egg.



### Palm Strain II

Roll the Squeeze Ball on a hard surface with the hand flat.



### Alternate Egg Squash

Hold the Squeeze Egg between the palms of your hands, your left hand facing up. Squeeze the egg, pushing both hands toward each other. Flip both hands horizontal, your right hand facing up. Squeeze and repeat.