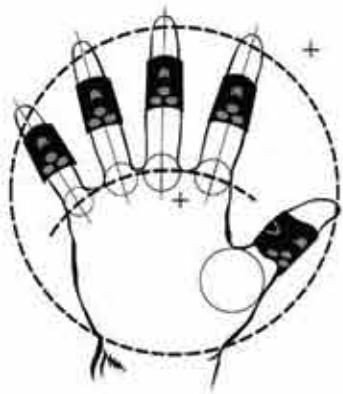


finger-weights™

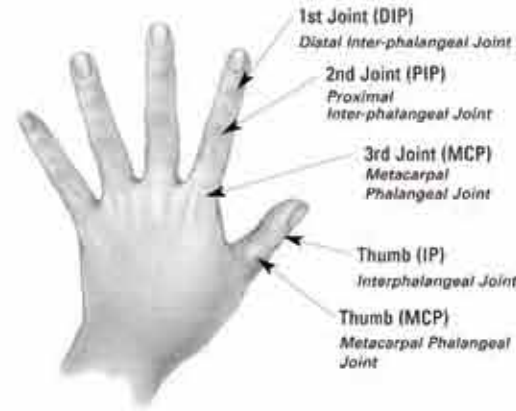


INSTRUCTIONS

www.finger-weights.com

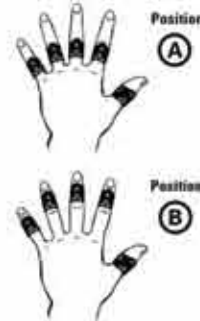
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U.S. Patent No. 6413193, 7662068

FINGER MAP



DEVICE POSITIONING

- For Position A, ring is to be worn between the 2nd and 3rd finger joints.
- For Position B, ring is to be worn between the 1st and 2nd finger joints.

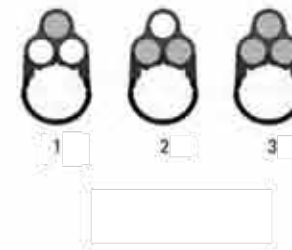


NOTE: In Position B, weight-load is greater at all pivot points.

2

WEIGHT CONFIGURATIONS

Begin with 1 weight and the finger-weight device in Position A. Increase training level and repetitions as strength and endurance heighten.



CHOKING HAZARD! Keep finger weights and all components out of the reach of small children as they may present a choking hazard. We recommend keeping weights not in use in the pouch for safe storage.

WARNING! Projectile Hazard— May Cause Serious Eye Injury. Finger weights are not to be worn while playing sports or for activities requiring rapid movements of the hand, wrist, or arm. The entire finger-weight device may dislodge from the finger and cause serious eye injury.

Adult Supervision Recommended for Children Under 10 Years of Age.

WARNING: Choking Hazard — Small parts. Not for children under 3 years.

3

SIX-LEVEL TRAINING SYSTEM

Designed for use with any practice or training regimen

- For Levels 1, 2, and 3 place ring in Position A. Increase one level every 4 weeks.
- For Levels 4, 5, and 6 place ring in Position B. Increase one level every 4 weeks.

LEVEL	DEVICE POSITION	WEIGHT CONFIG.	LEVEL DESCRIPTION
Level 1	A	1 weight	Position A / 1 weight
Level 2	A	2 weights	Position A / 2 weights
Level 3	A	3 weights	Position A / 3 weights
Level 4	B	1 weight	Position B / 1 weight
Level 5	B	2 weights	Position B / 2 weights
Level 6	B	3 weights	Position B / 3 weights

- After completing Level 6, decrease one level every 4 weeks.
- Repeat entire cycle

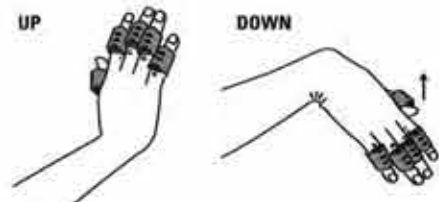
5

HAND EXERCISE PROGRAM

Use Six-Level Training System in conjunction with this program

1. Wrist Curl

- Start with fingers relaxed
- Curl hands upward to full range of motion
- Hold for 3 seconds



- Reverse and curl downward
- Hold for 3 seconds
- Repeat 10 - 15 times

6

2. Fist To Claw

- Start with clenched fists
- Hold for 3 seconds



- Roll fingers to claw

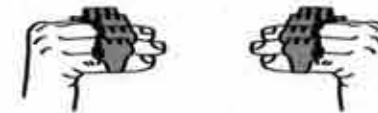


- Hold for 3 seconds
- Return to fist
- Repeat 10 - 15 times

7

3. Roof Top

- Start with fingers at a 90° angle to hand



- Touch fingers to palms - hold for 3 seconds



- Return fingers to 90°
- Repeat 10 - 15 times

4. Finger Lift

- Start with hands on a flat surface fingers spaced evenly
- Lift each finger 5 - 10 times



- Reverse direction and repeat

4

8

5. Finger Walk

- Start with hands on a flat surface fingers together
- Beginning with the thumb, walk each finger inward
- Reverse direction and walk outward
- Repeat sequence 5 - 10 times



6. Finger Circle

- Start with hands on a flat surface fingers spaced evenly
- Beginning with little fingers, lift and circle inward 5 - 10 times
- Reverse direction and circle outward 5 - 10 times

