



## hand grip strengthener

Spring force is up to 55 lbs. Please note ; when using, the squeaking sound comes from friction of protection plate and spring. Why You Deserve This Product - The hand grip strengthener is conducive to injury rehabilitation, recovery, and stress relief. Our strength trainer is beneficial to enhance key functions in your wrists, fingers, and forearms,

improving strength, power, and speed. Have an issue with flabby problem areas under and around your arms? This hand strengthener can improve dexterity and help to relieve stress. It builds strength in your fingers, wrists, elbows, and forearms.

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Material	aluminum+steel
Size	10.2*13.2cm
Weight	228.8g
Resistance Level	100lb, 150lb, 200lb, 250lb, 300lb
colour	black, green, pink

### Rizhao good crossfit co.,ltd

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