

100.837mm

Hand Exerciser

AHF-03**OWNER'S MANUAL****AROMA**

Aroma Music Co., Ltd.

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Aroma hand exerciser AHF-03 is the ultimate all-in-one hand, wrist, and forearm fitness tool. Safely and conveniently build strength, endurance, flexibility and coordination. Our exclusive design features comfortable finger pads and allows you to adjust individual finger tension - from light to heavy, providing all-in-one hand fitness for musicians.

How to adjust finger tension

AHF-03 individual finger tension is adjustable. The tension ranges from 4Lb to 7Lb. It's default setting 4Lb. If you want to increase the tension, please roll each finger as directed by the arrow printed on the exerciser, till a sound gendered, it reaches the most tension-7Lb. If you want to decrease the tension, please loose each finger till being unable to loose the finger, it's the least tension-4Lb.

How to exercise

Begin all exercises slowly and low resistance & few repetitions. Hold each position 3-5 seconds and relax-repeat 5 to 10 times. Little by little increase to 3 sets of 10. When graduating to a higher resistance begin again with 5 to 10 reps and build slowly.

If you experience pain or fatigue-stop immediately. As with any exercise, excessive or incorrect use can lead to pain or injury. Therefore progress slowly and increase reps and resistance very cautiously.

Specification

Tension range: 4Lb-7Lb

Dimension: 87mm×68mm×23mm

Weight: 74g

