



ENP PLASTIC HAND GRIP

SKU: TT19125

2.75 €



Stock: In stock

Categories: [Finger/Hand Grips](#), [Fitness](#),
[Fitness Accessories](#), [Medical & Physio](#)

PRODUCT DETAILS

The **ENP plastic hand grip** with single spring resistance is a portable and lightweight exercise device, suitable for users of all fitness levels.

The construction includes:

1. Plastic Handles: Ergonomically designed plastic handles are comfortable to grip and provide a secure hold during exercises.
2. Coiled Spring: The single coiled spring, made from durable materials, offers adjustable resistance levels. The resistance level can be tailored to your current strength and fitness goals.

3. Compact and Portable: The compact size of the hand grip makes it easy to carry in a bag or pocket, allowing you to perform exercises at home, in the office, or on the go.

Exercise Benefits:

1. Using a plastic hand grip with a single spring can provide a range of benefits for your hands, wrists, and forearms:
2. Grip Strength: Regular use of the hand grip helps improve grip strength by targeting the muscles responsible for gripping and holding objects. This enhanced grip strength is beneficial in daily activities and sports that require a strong grip, such as weightlifting, rock climbing, and racket sports.
3. Hand and Forearm Muscles: Squeezing the hand grip engages the muscles of the hands and forearms, including the flexor muscles that close the hand and the extensor muscles that open the hand. This balanced engagement contributes to overall hand and forearm strength.
4. Wrist Stability: As you grip and squeeze the handles, the muscles that stabilize the wrist are also activated, leading to improved wrist stability and joint integrity.
5. Rehabilitation: Plastic hand grips can be used in hand and forearm rehabilitation programs, helping individuals recover from injuries, surgeries, or conditions that affect hand strength and mobility.
6. Reduced Risk of Injuries: Strengthening the muscles in your hands and forearms can lead to better joint stability and reduce the risk of common injuries, such as wrist strains and hand cramps.
7. Improved Dexterity: Regular exercises with the hand grip can enhance finger dexterity and coordination, which is essential in tasks that require fine motor skills.

Exercise Ideas:

Here are a few exercises you can perform with a plastic hand grip with a single spring:

1. Basic Squeezes: Hold the grip in your hand and squeeze the handles together as far as you can. Hold for a few seconds and then release slowly. Repeat several repetitions.
2. Isometric Holds: Squeeze the grip and hold it in the compressed position for a set duration (e.g., 10-15 seconds). This isometric contraction helps build static strength.

3. Finger Extensions: Turn the hand grip around and use your fingers to open the handles against the resistance of the spring. This targets the extensor muscles of the hand and helps create a balanced grip.

BRAND

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