



GRIP™ STIK® Wrist Exerciser

- Strengthens hands, wrists, forearms and upper arms
- Improves wrist stability and holding power
- Increases range of motion and flexibility



ARMS OUT STRAIGHT



IN AND OUT



VERTICAL POSITION



BEHIND THE BACK

Used by amateur and pro athletes in baseball, football, hockey, tennis, golf, wrestling, lacrosse, motorcycle racing and all sports where arm strength is important!

- ADJUSTABLE TENSION
- EASY 4 STEP TRAINING
- PORTABLE DESIGN

GUARENTEED TO INCREASE HOLDING POWER

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IMPROVES WRIST STABILITY

IMPORTANT: Concentrate on proper technique. Train for 60 seconds per exercise. Twist through full range of motion. Train by using all 4 exercises a minimum of 3 times per week. Increase tension by screwing grips closer together. Decrease tension by unscrewing grips further apart.

	HIGHER TENSION	LOWER TENSION	FASTER TWIST	SLOWER TWIST
FLEXIBILITY		X		X
STRENGTH	X			
ENDURANCE				X
REFLEXES			X	



1. HORIZONTAL

- Hold Gripstik horizontally at shoulder height with arms fully extended.
- Twist Gripstik.



2. IN AND OUT

- Begin by holding Gripstik vertically at shoulder height with arms fully extended.
- Keeping wrists locked (no wrist twisting) and elbows at shoulder height, bring Gripstik into chest, then back to straight-out position.



3. VERTICAL

- Hold Gripstik vertically at shoulder height with arms fully extended.
- Twist Gripstik.



4. BEHIND THE BACK

- Hold Gripstik horizontally behind lower back.
- Twist Gripstik.



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Training Tips found at:
www.gripstik.com
Designed in USA
Made in Taiwan