

GoFit handgrip putty Therapy Guide

RECOMMENDED THERAPY GUIDELINES

GoFit Hand Grip Putty targets grip-strength, stress-relief and hand therapy. It's also effective treatment for stiffness, soreness and joint flexibility. You decide how much pressure or grip to apply for best results.

Check with your physician before engaging in any therapy; determine if it is appropriate for you.

- Using a larger quantity of Putty, and/or increasing repetitions will make exercise more challenging
- Joints may be stiff or feel tender, so apply only the amount of pressure that is comfortable
- If you feel extreme discomfort, decrease pressure or amount of Putty
- If you experience any significant bruising, this is a sign you are pressing too hard and may cause damage to your tissues
- GoFit Hand Grip Putty may also be used to exercise toes.

MAINTENANCE AND CARE

- Clean the Hand Grip Putty with mild soap and water. **DO NOT** use abrasive or chemical cleaners.
- Keep the Hand Grip Putty out of direct sunlight. Do not place Hand Grip Putty where it would be exposed to extreme high or low temperatures or heat sources.
- The "life span" of the Hand Grip Putty will depend on the amount of usage and proper care.

WARNING



Read all information before use. Serious injury or fatality may occur.

The risk of injury from participating in this or any fitness regimen and/or from the performance of these exercises or similar exercises is significant, and includes the potential for catastrophic injury or death. You should and must consult a medical professional before undertaking any fitness regimen or exercise program or diet including any exercises or techniques set forth in these materials (whether in video/DVD, book or poster form—collectively referred to in every media form as "Materials").

These Materials are for educational purposes only (i.e. they illustrate/explain fitness-related and/or therapy techniques), and they do NOT advise that you or any other particular viewer undertake or perform any particular technique or exercise. You agree that you will not undertake or perform any exercise or technique described in the Materials until and unless you consult with and are cleared by a medical doctor in relation to such participation, and you agree to the terms of these Warnings and Disclaimers.

The models depicted in this program are well trained athletes and only you and your doctor can assess whether you are suited for the exercises and/or diets depicted in the program (e.g., you may have pre-existing injuries or other conditions that make the

exercises or diets depicted inappropriate for you).

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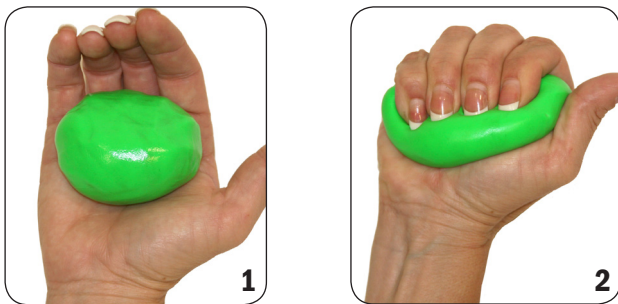
- USE ONLY** as shown/illustrated/intended in a slow and controlled manner
- Hand Grip Putty is **NOT** a toy; not intended for use by children. If allowing anyone under 18 to use it for therapy they must have adult supervision.
- NEVER** throw or swing the Hand Grip Putty
- NEVER** leave the Hand Grip Putty unattended as

it could pose a hazard to children and pets. Store it out of the reach of children and pets.

- Consult your physician if intending to use during pregnancy.
- GoFit, LLC is not responsible for any personal harm or property damage that may occur if Hand Grip Putty is used improperly.

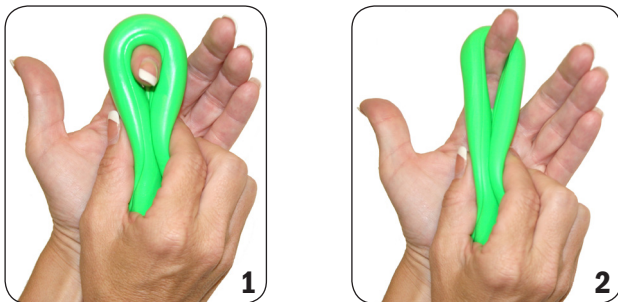
HAND FLEXION

Place Putty in the palm at the base of the fingers. Squeeze with fingers into the Putty like you are making a fist. Release fingers, reshape putty and repeat the process.



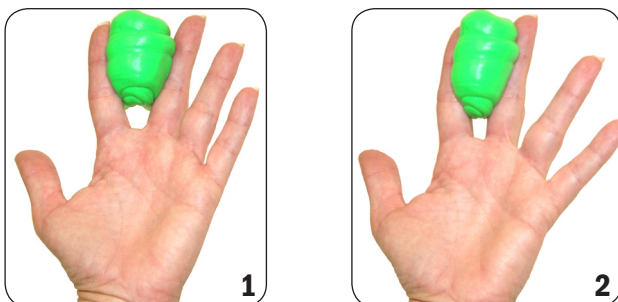
FINGER EXTENSION

Roll putty into cylinder and wrap it around bent finger. Hold the putty with other hand and extend bent finger. The amount of resistance is controlled by the thickness of the putty over the fingertip



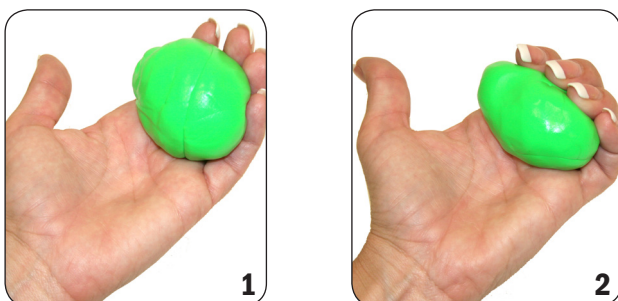
FINGER SCISSOR

Roll Putty into a ball shape. Place between two fingers and squeeze them together in a scissor-like motion. Reshape putty and repeat



FINGER GRIP

Make hook with fingertips and place putty ball between fingertips and palm. Press fingertips into putty.



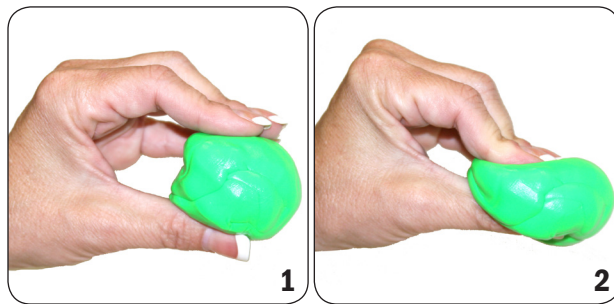
FINGER SPREAD

Form putty into a pancake shape. Place on table or mold over fingertips while fingers are bunched together. Try to spread fingers apart.



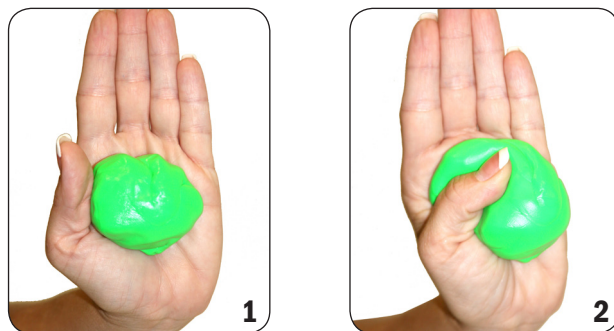
FINGER PINCH

Roll putty into a ball shape. Pinch between the thumb and fingertips. This exercise can also be performed with the thumb and each finger separately. Reshape putty and repeat.



THUMB PRESS

Roll Putty into a ball and place in the palm of your hand. Press thumb into the putty towards small finger. Reshape putty and repeat.



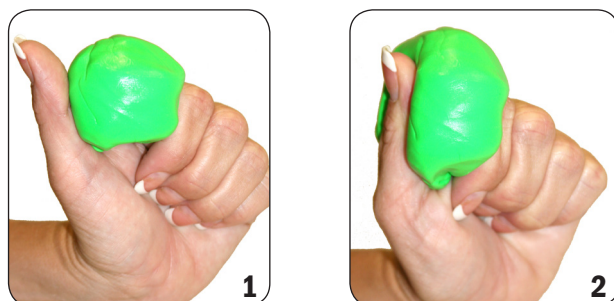
THUMB EXTENSION

Wrap putty around the tip of the thumb while it is bent. Hold the loose ends and try to straighten (extend) your thumb.



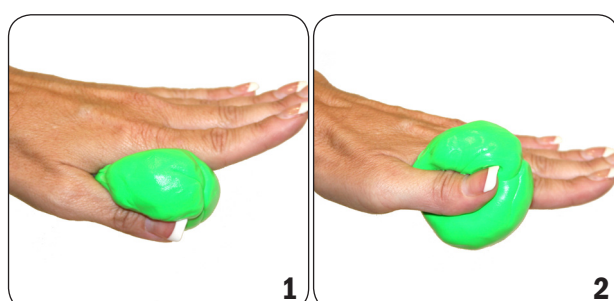
THUMB PINCH

Make fist and put ball of putty between thumb and index finger. Pinch putty with thumb towards inside of index finger.



THUMB ADDUCTION

With hand opened, press the putty with your thumb against your index finger. Reshape putty and repeat exercise.



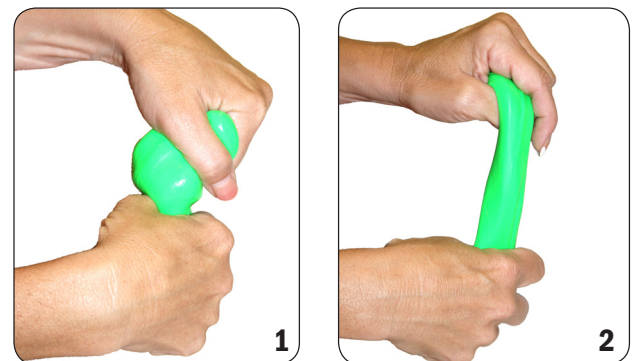
SCISSOR SPREAD

Wrap putty around tops of two fingers while they are together. Spread fingers apart.



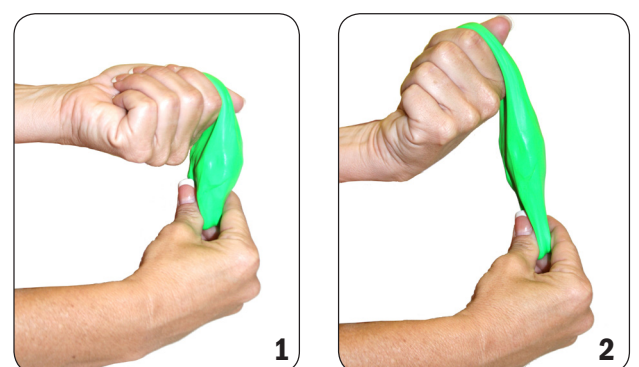
WRIST EXTENSION

Rest forearm on table or arm of chair with wrist hanging over edge, palm down. Grip putty with fingers and extend wrist upward.



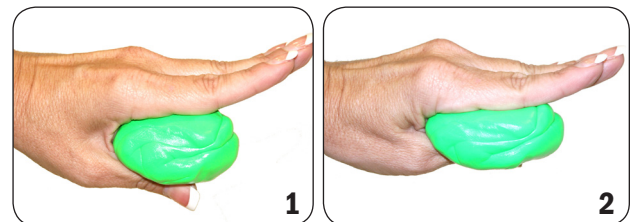
WRIST FLEXION

Rest forearm on table or arm of chair with wrist hanging over edge, palm up. Grip putty with fingers and extend wrist upward.



ROOFTOP

Form the putty into a ball. Place between fingers and thumb. Form a "rooftop" using straight fingers, leaving thumb underneath. Press fingers down toward thumb. Reshape putty and repeat.



MASS FINGER EXTENSION

Keep fingers straight while rolling out a cylinder of putty with palm.

