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## Hand Strength Ball

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If used properly, the SportsWorkout.com hand strength ball will build forearm strength and improve your grip. For optimal results follow the instructions below.

- 1 Place the ball in the palm of your hand.
- 2 Squeeze the ball as tightly as you can for 3-5 seconds.
- 3 Relax your grip on the ball for 1-2 seconds.
- 4 Repeat for a total of 10 repetitions.
- 5 Repeat steps 1-4 with your other hand.

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Note: As your strength increases, add repetitions accordingly.