
FW



FingerWeights™



Our Mission

To help people improve finger and hand function across the world
 - We are FingerWeights™



Musicians, Athletes, Gamers, and people recovering from finger/hand injuries, incorporate fingerweights into regular practice, training and rehabilitation sessions. Most feel the benefits after first use!

Hand Speed, Dexterity, and Finger Strength are essential elements of better movement. fingerweights strengthens the muscles (extensor and flexor) to open and close the fingers safely and effectively during practice, training or rehabilitation.



MUSICIANS

Integrate Fingerweights into practice and performance sessions, Ideal for string and wind instruments

THERAPISTS

Include Fingerweights into Occupational and Physical hand and finger treatments

ATHLETES

Incorporate Fingerweights into practice and training regimens

GAMERS

Improve your recreational games, practices and competitive performance with fingerweights



FAQ's

Q. **How do FingerWeights work?**

A. *FingerWeights™ utilize the accepted principles of progressive weight training practiced by athletes and prescribed by doctors to improve performance, prevent injury and rehabilitate.*

Q. **How long until I see results?**

A. *Feel the effects of FingerWeights after first use. Individual results will vary as with any exercise program.*

Q. **How often should I use the FingerWeights?**

A. *FingerWeights should be used every other day or every third day to give the muscles time to rebuild.*

Q. **Will FingerWeights make my fingers bigger?**

A. *No. The extensor and flexor muscles that open and close the fingers are located in the hands.*

Q. **How are FingerWeights different than other hand weights?**

A. *FingerWeights may be used while performing the targeted activity such as practicing guitar or playing video games. Other hand weight systems require a weighting object to be held making them impossible to use during practice or play.*

Instructions

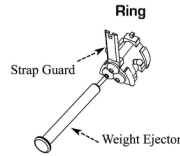


INSTRUCTIONS

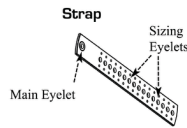
www.fingerweights.com

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 U.S. Patent 7662068

PARTS

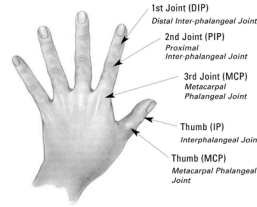


Weight Rods



1

FINGER MAP



A & B RING POSITIONS

- For Position A, ring is to be worn between the 2nd and 3rd finger joints.
- For Position B, ring is to be worn between the 1st and 2nd finger joints.



NOTE: In Position B, weight-load is greater at all pivot points.

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WEIGHT CONFIGURATIONS

Begin with 10 grams and ring in Position A. Increase training level and duration as strength and endurance tolerate.



Total = 30 grams

CHOKING HAZARD! Keep finger weights and all components out of the reach of small children as they may present a choking hazard. We recommend keeping weights not in use in the pouch for safe storage.

USE WITH CAUTION: FingerWeights are for exercise and training only. As with any exercise or training program, start with lighter weight and increase weight and duration as tolerated. Should you experience pain or discomfort from using FingerWeights, stop immediately and consult your training or healthcare professional.

Adult Supervision Recommended for Children Under 12 Years of Age.

WARNING: Choking Hazard -- Small parts. Not for children under 3 years.

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SIX-LEVEL TRAINING CYCLE

Designed for use with any practice or training regimen

- For Levels 1, 2, and 3 strap ring in Position A. Increase one level every 2 - 4 weeks.
- For Levels 4, 5, and 6 strap ring in Position B. Increase one level every 2 - 4 weeks.

LEVEL	DEVICE POSITION	WEIGHT CONFIG.	LEVEL DESCRIPTION
Level 1			Position A / 10 grams
Level 2			Position A / 20 grams
Level 3			Position A / 30 grams
Level 4			Position B / 10 grams
Level 5			Position B / 20 grams
Level 6			Position B / 30 grams

- After completing Level 6, decrease one level every 2 - 4 weeks.
- Repeat entire cycle

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ASSEMBLY

STEP 1

- Insert **weight rod** into top chamber of ring.
- Push weight firmly to secure in chamber.



STEP 2

- Open **strap guard**.
- Hook **main eyelet** over either knob extending from ring.

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STEP 4

- Wrap strap securely around finger to desired tension by hooking one of the **sizing eyelets** over opposite knob.



Note: The knobs are designed to allow straps to overlap. Secure excess strap onto eyelet.

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STEP 3

- Place **ring** on finger in Position A with capped end of ring facing fingertip.



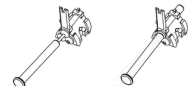
STEP 5

- Close **strap guard** until it "clicks" into locked position.

IMPORTANT: For added safety and aerodynamics, capped end of weight chambers should always face fingertips.

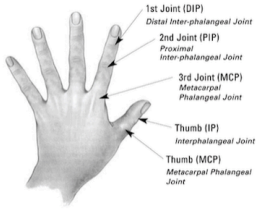
REMOVING WEIGHTS

- With ring in hand (not attached to finger), insert **weight ejector** into small hole located in capped end of ring/weight chamber.
- Push firmly until weight releases from chamber.



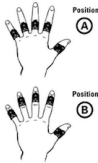
Exercises

FINGER MAP



DEVICE POSITIONING

- For Position A, ring is to be worn between the 2nd and 3rd finger joints.
- For Position B, ring is to be worn between the 1st and 2nd finger joints.

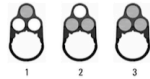


NOTE: In Position B, weight/load is greater at all pivot points.

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WEIGHT CONFIGURATIONS

Begin with 1 weight and the finger-weight device in Position A. Increase training level and repetitions as strength and endurance heighten.



CHOKING HAZARD! Keep finger weights and all components out of the reach of small children as they may present a choking hazard. We recommend keeping weights not in use in the pouch for safe storage.

WARNING! Projectile Hazard— May Cause Serious Eye Injury. Finger weights are not to be worn while playing sports or for activities requiring rapid movements of the hand, wrist, or arm. The entire finger-weight device may dislodge from the finger and cause serious eye injury.

Adult Supervision Recommended for Children Under 10 Years of Age.

WARNING: Choking Hazard – Small parts. Not for children under 3 years.

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SIX-LEVEL TRAINING SYSTEM

Designed for use with any practice or training regimen

- For Levels 1, 2, and 3 place ring in Position A. Increase one level every 4 weeks.
- For Levels 4, 5, and 6 place ring in Position B. Increase one level every 4 weeks.

LEVEL	DEVICE POSITION	WEIGHT CONFIG.	LEVEL DESCRIPTION
Level 1			Position A / 1 weight.
Level 2			Position A / 2 weights
Level 3			Position A / 3 weights
Level 4			Position B / 1 weight.
Level 5			Position B / 2 weights
Level 6			Position B / 3 weights

- After completing Level 6, decrease one level every 4 weeks.
- Repeat entire cycle

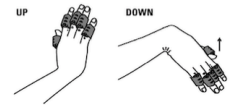
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HAND EXERCISE PROGRAM

Use Six-Level Training System in conjunction with this program

1. Wrist Curl

- Start with fingers relaxed
- curl hands upward to full range of motion
- Hold for 3 seconds

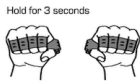


- Reverse and curl downward
- Hold for 3 seconds
- Repeat 10 - 15 times

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2. Fist To Claw

- Start with clenched fists



- Hold for 3 seconds

- Roll fingers to claw



- Hold for 3 seconds

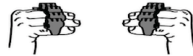
- Return to fist

- Repeat 10 - 15 times

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3. Roof Top

- Start with fingers at a 90° angle to hand



- Touch fingers to palms - hold for 3 seconds



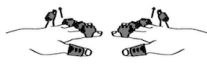
- Return fingers to 90°

- Repeat 10 - 15 times

4. Finger Lift

- Start with hands on a flat surface fingers spaced evenly

- Lift each finger 5 - 10 times



- Reverse direction and repeat

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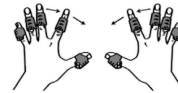
5. Finger Walk

- Start with hands on a flat surface fingers together

- Beginning with the thumb, walk each finger inward

- Reverse direction and walk outward

- Repeat sequence 5 - 10 times



6. Finger Circle

- Start with hands on a flat surface fingers spaced evenly

- Beginning with little fingers, lift and circle inward 5 - 10 times

- Reverse direction and circle outward 5 - 10 times



Product Line

5-Finger Universal Set

Includes:

- 5 Finger Rings
- 15 Weights (3 per ring)
- Storage Pouch
- Weight Removal Tool
- Instructions for Assembly
- Exercise Program



10-Finger Universal Set

Includes:

- 10 Finger Rings,
- 30 Weights (3 Per Ring)
- Storage Pouch
- Weight Removal Tool
- Instructions for Assembly
- Exercise Program



Therapy Pro



Tungsten Medical

