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Finger Fitness The Art of Finger Control

English | PDF | 1989 | ASIN:

B076N2ZNXW | 84 pages | 14.19 MB

Finger Fitness is a series of exercises designed to enhance hand strength, coordination, finger independence and fine motor response - exercises you can do

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anywhere, any time. All you need are your hands.

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\$9.95) If you are a musician, typist, surgeon, gamer, magician or athlete etc... your hands need to be in the best condition possible. This 80 page book, containing 190 step-by-step photos, is a complete manual of the Finger Fitness program.

Book: Finger Fitness - The Art of Finger

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Control | Handhealth2

Whatever your chosen field, using the Finger Fitness program will increase the skill level of your hands by increasing strength, dexterity, coordination, and finger and hand independence. You will gain confidence and trust in the ability of your hands and develop what Greg Irwin

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calls finger-thought connection.

Finger Fitness -

www.functionalhandstrength.com

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Greg Irwin - Finger Fitness Expert makes
his first national appearance on American
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Hand Grip Exercises, Fine Motor Skills ...
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Over the last 22 years, Handhealth.com is the website offering a variety of products available for anyone looking to improve manual ability, help prevent hand stress and fatigue and rehabilitate many hand

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