

## Finger Fitness The Art Of Finger Control

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## Read Book Finger Fitness The Art Of Finger Control

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

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Finger Fitness - The Art of Finger Control (Click Here to purchase and immediately download the E-book for \$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.

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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 calls finger-thought connection.

Finger Fitness - [www.functionalhandstrength.com](http://www.functionalhandstrength.com)

Finger fitness: The art of finger control [Irwin, Lorraine C] on Amazon.com. \*FREE\* shipping on qualifying offers. Finger fitness: The art of finger control

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Finger Fitness is a series of exercises designed to enhance hand strength, coordination, finger independence and fine motor response--exercises you can do anywhere, any time. All you need are your hands.

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Hand Grip Exercises, Fine Motor Skills ... - Hand Fitness

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 injuries. Additional DVDs on Finger Fitness and The Chinese Therapy Balls have also been added.

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Get this from a library! Finger fitness : the art of finger control. [Gregory G Irwin; Lorraine C Irwin; Hot Licks Productions, Inc. ;] -- Directly addresses the physical needs of the hand by isolating and exercising normal finger / hand movements, which in turn develops a higher level of coordination. Improving the hands improves the ...

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