SPORTENZIA

USER GUIDE

FINGER EXTENSOR WITH WRIST STRAP

Five silicone rings, a stem with three notches and a wrist strap: the fingers open against resistance, the opposite of a grip trainer. Fitting, choosing the notch, the exercise, safety.

REF. SPTRAINHANDBLCK1 · 3 LEVELS: 13, 17 AND 21 LB · SILICONE, ADJUSTABLE STRAP



01 · GETTING STARTED

CONTENTS, FITTING, THE EXERCISE

In the box

- The silicone extensor: five rings, one per finger, joined to a stem marked 13 lb, 17 lb and 21 lb.
- The adjustable hook-and-loop wrist strap, with a hook that engages in the stem.

Who it is for

Climbers, weight trainers, racket, ball and combat sports, musicians: anyone who grips a lot and opens little. Extension balances the closing work of the hand.

Fitting and exercise

1. **Choose the notch** by engaging the strap's hook in the 13 lb hole to begin with. The closer the hook sits to the rings (17 then 21 lb), the stronger the resistance.
2. **Fasten the strap** around the wrist, hook on the palm side, snug but comfortable: it stops the extensor sliding when the fingers spread.
3. **Slip on the rings** over the fingertips, thumb included, down to the first joint, the extensor lying flat in the palm. Fingers close together to start.
4. **Spread the fingers** slowly, all five together, against the silicone. Hold the open position for a moment.
5. **Return under control** without letting the rings snap back. Repeat, then switch hands: the strap comes off and goes back on in seconds.

Specifications

Material	**Silicone**	Rings	**5, one per finger**
Resistance	**13 lb, 17 lb, 21 lb**	Adjustment	**3 notches on the stem**
Support	**Adjustable wrist strap**	Areas	**Fingers, hand, wrist, forearm**

The three notches

NOTCH	EQUIVALENT	INTENSITY
13 lb	about 5.9 kg	Moderate
17 lb	about 7.7 kg	High
21 lb	about 9.5 kg	Very high

The right notch is the one that allows the full movement, without jerks.

SAFETY

- Finger joints are small: slow movements, never force at the end of the opening.
- Unusual pain or tingling: stop the session.
- Hook fully engaged in its hole before spreading the fingers; a hook that jumps out whips the hand.
- Keep out of children's reach: rings and hook are not toys.

02 · DAY TO DAY

PROGRESSION, CARE, TROUBLESHOOTING

Progressing

- Start at 13 lb, a few short sets per hand, then move up a notch once the whole set goes without shaking.
- Alternate hands every set: the extensor muscles recover quickly, but not instantly.
- For musicians, the point is finger opening and independence: stay on the lightest notch and focus on the movement.
- The extensor complements grip exercises, it does not replace them: closing and opening are trained together.

Care

- Rinse the silicone in warm soapy water if it turns sticky; dry before storing.
- Hand wash the strap, hook-and-loop closed so it does not pick up fluff.
- Store away from sunlight and heat; silicone yellows and hardens in the light.
- Before every session, look at the joins between rings and stem: a nick, and the extensor can tear under tension.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Extensor rides up the hand	Strap too loose	Tighten it, hook on the palm side
A ring slips off a finger	Ring not pushed on far enough	Push it down to the first joint
Jerky movement, shaking fingers	Notch too strong	Go back to the lower notch
Hook comes out	Not fully engaged in the hole	Push it fully in, check with a tug



Hook in the stem, strap on the wrist, one ring per finger, then open.

GOOD TO KNOW

- Resistance changes with the free length of the stem: the same extensor covers all three levels.
- It fits in a pocket: a few minutes at the desk, on the train or before a climbing session are enough.
- The pound (lb) values are the maker's; the kilogram equivalents are approximate.

Need help?

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Our team answers your questions about adjustment and use.