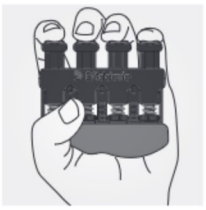
D'Addario

VARI-GRIP ADJUSTABLE HAND EXCERCISER

The Varigrip Hand Exerciser is a pocket-sized conditioning tool that provides strength, speed building, and maintenance for the entire hand, wrist, and forearm while also offering an excellent pre-gig warm-up. The patented exerciser allows adjustable tension to each spring-loaded piston for an isolated and individual finger workout that no other hand exerciser can offer. As a bonus, simulated guitar strings underneath the soft rubber pad mimics the feel of real instrument strings to help build and maintain your calluses when away from your instrument. From beginners to pros, the Varigrip is the easiest way to achieve and maintain peak performance conditioning.



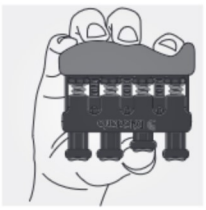
Palm to Tip: Strengthens forearm, wrist, and hand muscles. Practicing scale patterns will build speed and dexterity.



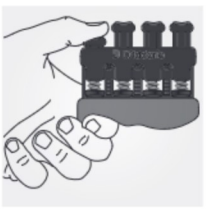
Fist Grip: Strengthens and increases endurance of entire hand and forearm muscles.



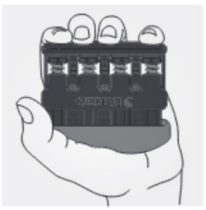
Thumb to Tip: Builds individual finger strength along with forearm muscles. Practicing scale patterns will build speed and dexterity.



Chord Press: Builds endurance in the thumb and forearm for chord playing. Great for beginners learning bar chords.



Thumb Squeeze: Strengthens thumb area muscles while increasing endurance.



Callus Builder: Flip the rubber palm grip to piston side of the Varigrip to expose the simulated strings. Use the Palm to Tip, Thumb to Tip, or Chord Press exercises to build and maintain calluses while building muscle strength and endurance.