



## Theraband Hand Trainer XL



Theraband hand trainer XL for strengthening the hand, finger and forearm muscles. Available in 4 different strengths.

CHF 31.90

Theraband hand trainers are used to strengthen the hand, fingers, forearm and for coordination training. They can also be used for stress relief and for cold (refrigerator) and heat therapy (microwave, warm water). The hand trainers are easy to clean and offer a wide range of applications in therapy, sports, fitness and wellness thanks to five different degrees of hardness.

The XL version of the hand trainers was specially developed for people with limited mobility (e.g. arthritis) and people with large hands who want to use the balls for therapy or for strength or coordination training. The XL version is one third larger than the standard version of the hand trainer. It can be used to perform the same exercises as the standard version, as well as cold and heat therapy.