

Finger Fitness The Art Of Finger Control

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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 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.

Book: [Finger Fitness - The Art of Finger 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 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 television with Johnny Carson in 1988. [Finger Fitness](#) is an exercise conce...

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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 injuries. Additional DVDs on [Finger Fitness](#) and [The Chinese Therapy Balls](#) have also been added.

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