

# Planet Waves Vari-Grip PW-VG-01 Hand Exerciser



Planet Waves VARIGRIP PW-VG-01 hand exerciser. A great way to strengthen your hand and arms when you can not have an instrument with you!

- Develops and maintains the strength and dexterity of your fingers, hands and forearms
- Variable tension provides customized conditioning for individual fingers
- Reversible molded grip uncovers simulated strings to help develop and maintain finger calluses for string musicians
- Perfect tool for pre-show warm-ups and maintaining conditioning when away from your instrument
- The ultimate conditioning tool for all musicians

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