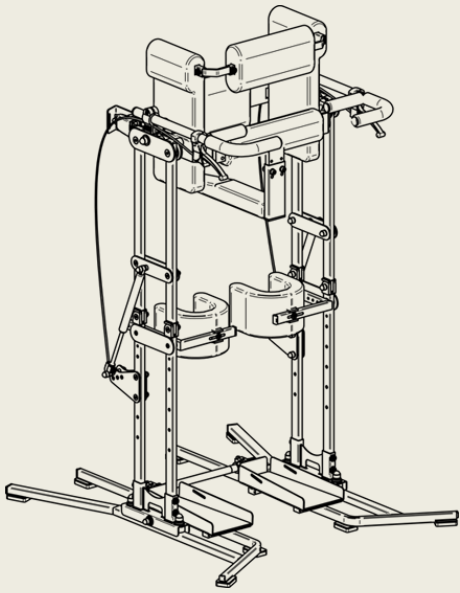


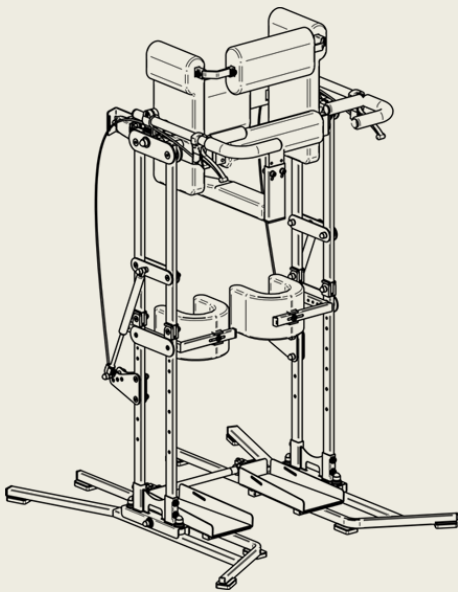
Hand Grips – how to use them



Working
position



Resting
position

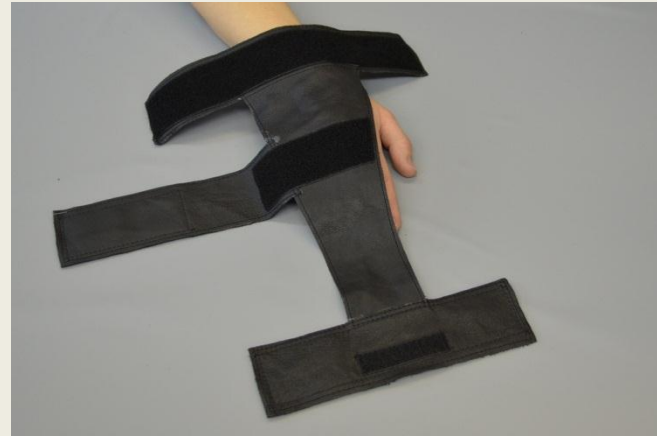


Step 1a

1.1



1.2

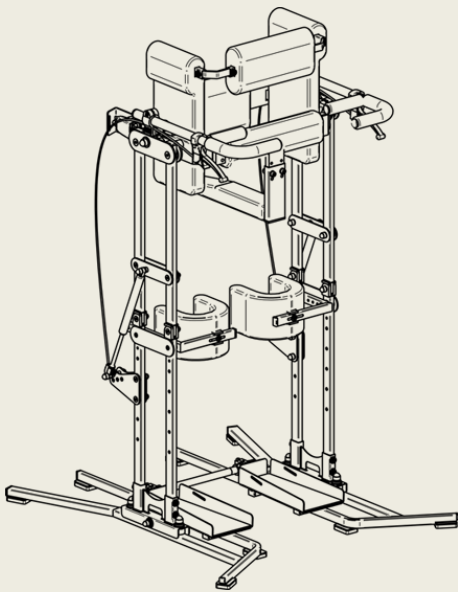


1.3



1.4





Step 1b

1.5



1.6

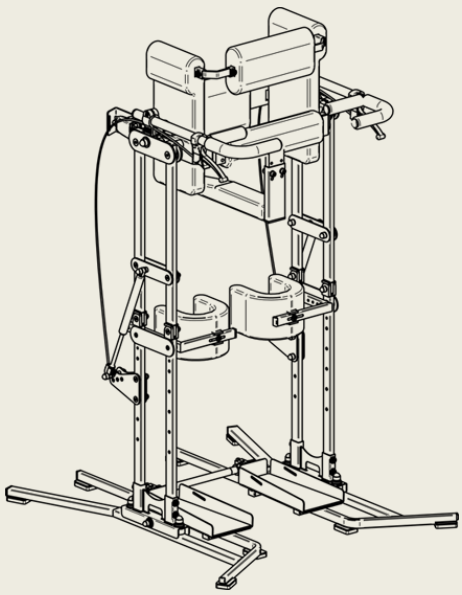


1.7



1.8





Step 2

2.1



2.2



2.3



2.4

