

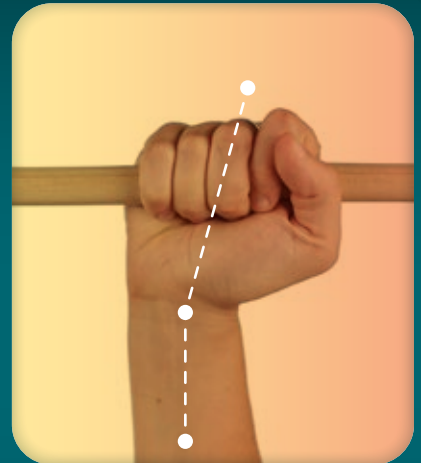
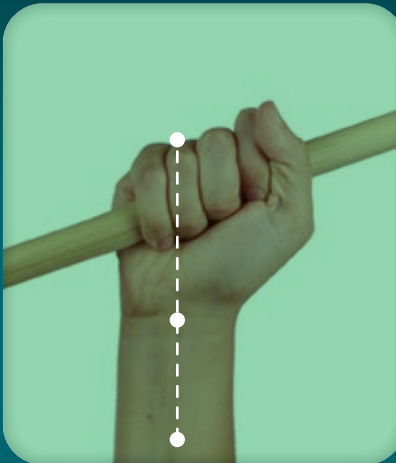
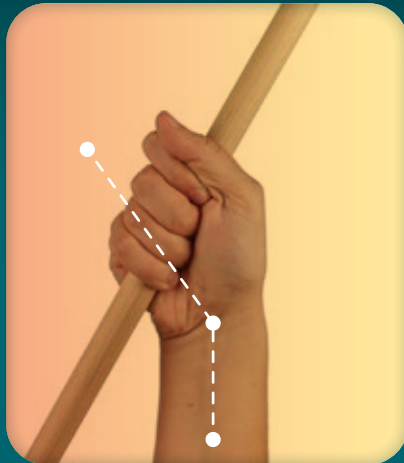
# STRONG AND NATURAL POSITIONS

## Hands and Wrists



### Power Grip

The object touches the palm of the hand and the fingers. Uses the whole hand.



### Good Power Grip

Strong position and a good size grip is best for high force tasks



For more info visit:  
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