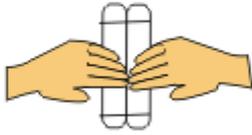


Fingers (resistance bars)



Exercise Description:

Wall Finger Crusher

Classification:

Fingers (resistance bars)

Instructions:

1. Place the resistance bars up against a flat wall and place your fingers down the center between the two resistance bars.
2. Now attempt to pry the resistance bars apart and push your fingers through the resistance bars.
3. When you can do this with 3 or more finger crushers on each end of the resistance bars you are no longer human.
4. Breathe normally as you do this exercise.