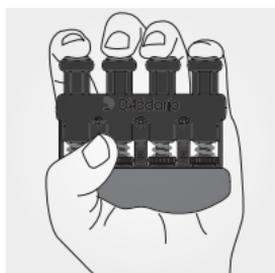


# VARI-GRIP + FIDDILINK HAND EXERCISER

Hand strength and dexterity are essential to all musicians. The VariGrip + FiddiLink bundle is perfect for conditioning muscles, improving coordination, and enhancing warm ups.

The D'Addario FiddiLink is the easiest way to develop hand and finger coordination on-the-go. By continuously inverting the linked plastic hinges, you can give your hand a workout anytime, anywhere.

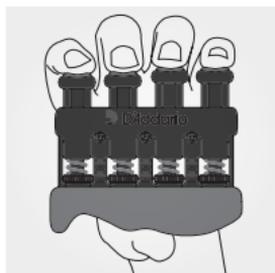
Designed to develop your fingers, hands, and forearms, the D'Addario Varigrip features an ergonomic design with variable tension, which is customizable for each individual finger. The reversible molded grip can be moved to uncover simulated strings, which help maintain finger calluses when you are not regularly practicing your instrument.



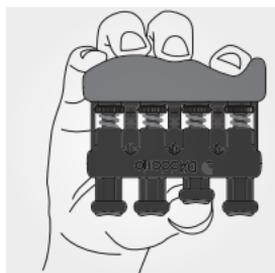
**Palm to Tip:** Strengthens forearm, wrist, and hand muscles. Practicing scale patterns will build speed and dexterity.



**Fist Grip:** Strengthens and increases endurance of entire hand and forearm muscles.



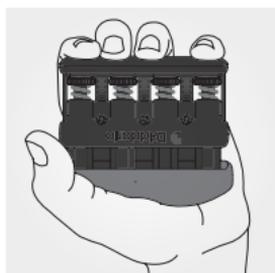
**Thumb to Tip:** Builds individual finger strength along with forearm muscles. Practicing scale patterns will build speed and dexterity.



**Chord Press:** Builds endurance in the thumb and forearm for chord playing. Great for beginners learning bar chords.



**Thumb Squeeze:** Strengthens thumb area muscles while increasing endurance.



**Callus Builder:** Flip the rubber palm grip to piston side of the Varigrip to expose the simulated strings. Use the Palm to Tip, Thumb to Tip, or Chord Press exercises to build and maintain calluses while building muscle strength and endurance.



**Satisfying tactile experience**



**Maintains dexterity and agility**



**Perfect for warm-ups and relieving stress**