



### Grip Strength

Hold the MSD-Bar firmly at the base. Place your other hand on top of the MSD-Bar and twist both left and right, as if you were opening or closing a jar.



### Wrist Flexion/Extension

Hold the MSD-Bar firmly with one hand while twisting the MSD-Bar upward and downward, as if you were driving a motorcycle.



### Shoulder Adduction

Hold the MSD-Bar firmly with both hands. Move your elbows toward your body, bending the MSD-Bar into a horseshoe shape.



### Shoulder Abduction

Hold the MSD-Bar firmly with both hands. Move your elbows upward, bending the MSD-Bar into a u-shape.