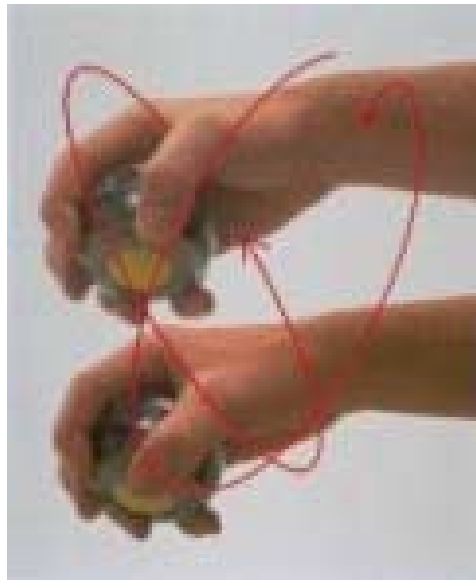




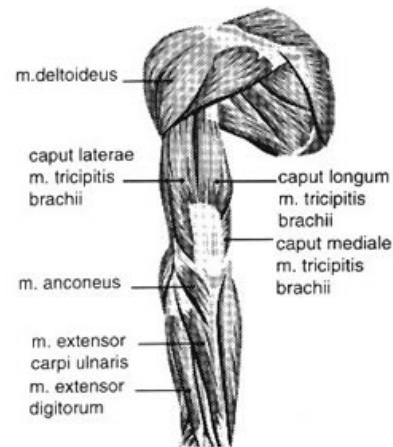
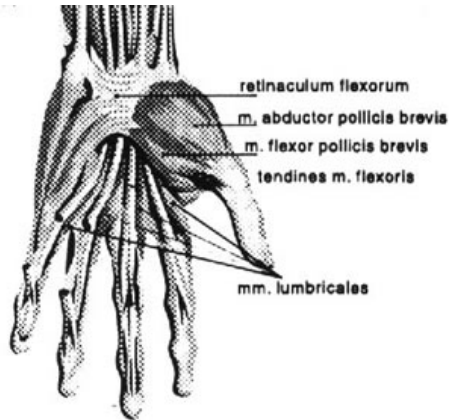
**DYNAFLEX PRO**  
**MUSICIANS GYRO EXERCISER**



**INCREASE HAND SPEED. EXERCISE AND  
CONDITION HANDS, WRISTS AND  
FOREARMS. IMPROVE ENDURANCE.**

**AIDS IN THE REHABILITATION OF  
CARPAL TUNNEL SYNDROME.**

## Muscles exercised when using Dynaflex;



- Increase the range of motion of wrist flexors and extensors.
  - Useful as a therapeutic device and muscle conditioner.
- Strengthens grip, hands, forearm, shoulders, wrists and arms**

## BASIC STARTING TECHNIQUE



1. Insert tip of starter into hole of Dyna-Flex rotor.



2. Wrap the starter cord around rotor groove one full turn.



3. Hold open face down. Pull starter cord quickly to activate gyro.

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