# PRODUCT SPECIFICATIONS

***ADAC 11400 Professional Grip Trainers***

**Code: ADAC-11400**

**MRP : 1399.00**

Grip exercises can lead to increased forearm muscularity, hand strength, endurance and dexterity, which in turn leads to better weight training performance.



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|---|---|
| Colour： | Black |
| Dim.(LxWxH)： | 13.5 x 8.6 x 2.7cm |
| Material： | Iron \| PP \| TPR |
| Net Weight： | 0.265 Kg |
| Other Features： | Angled springs |