



## Grip Strength Trainer | Forearm Workout



Kzhideout

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## Summary

A quick print for an easy squeezable grip strength workout!

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Tags: [grip](#) [flexible](#) [workout](#) [squeeze](#) [trainer](#) [forearm](#)  
[gripstrength](#)

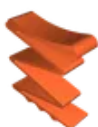
A quick print for an easy squeezable grip strength workout!

Designed to be printed in PLA

2 versions, Normal and Hard

**Please wait for the part to fully cool before squeezing it.**

## Model files

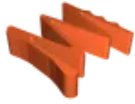


[grip-strength-trainer-normal.stl](#)



**grip-strength-trainer-hard.stl**

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**gripstrengthtrainer-hard.3mf**

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**gripstrengthtrainer-normal.3mf**

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