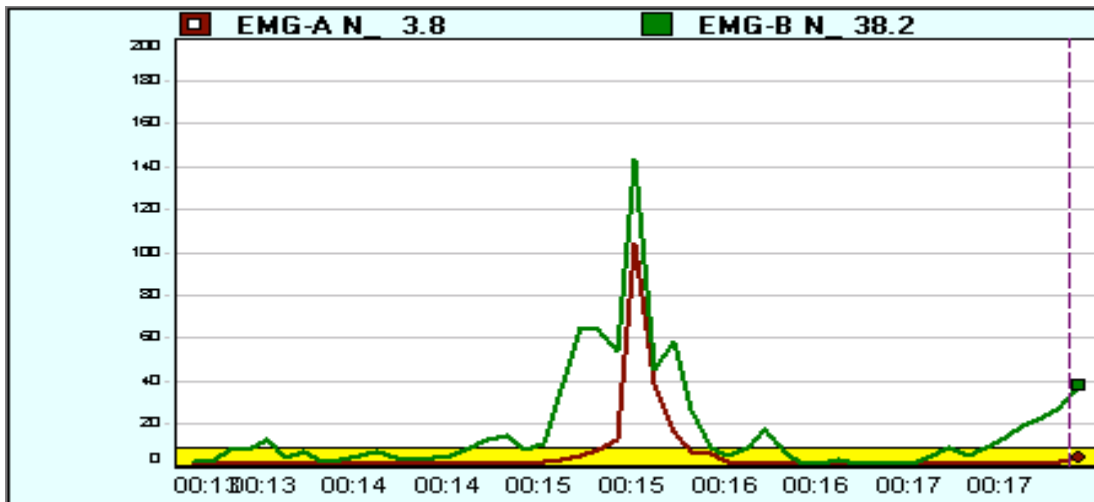
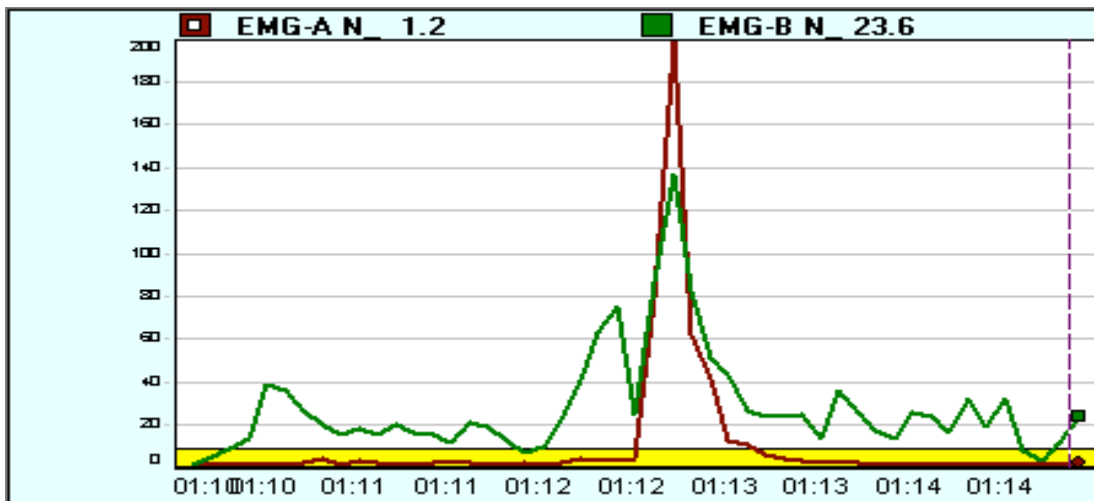


VOLLEYBALL sEMG Muscle Fire Patterns

Volleyball Set



Volley Ball Spike



In the preceding studies, it becomes clear that both **finger extensor muscles** and **finger flexor muscles** are extremely active during prime volleyball skills. Training all 18 hand muscles (9 muscles close & 9 muscles open the hand) provides an essential competitive edge in volleyball, lending to maximum speed, strength, flexibility and stamina.

The **classic “rice box” exercise** (immerse hand in box of rice, then squeeze and open against resistance of rice) has regrettably been passed up in favor of *grip-only* exercise tools (spring-loaded, coiled, molded or pebble-filled) and repetitive gripping injuries have never been more prevalent.

Handmaster Plus also allows the volleyball athlete and trainer to have access to complete hand, wrist & elbow rehabilitation using **Handmaster Plus**.