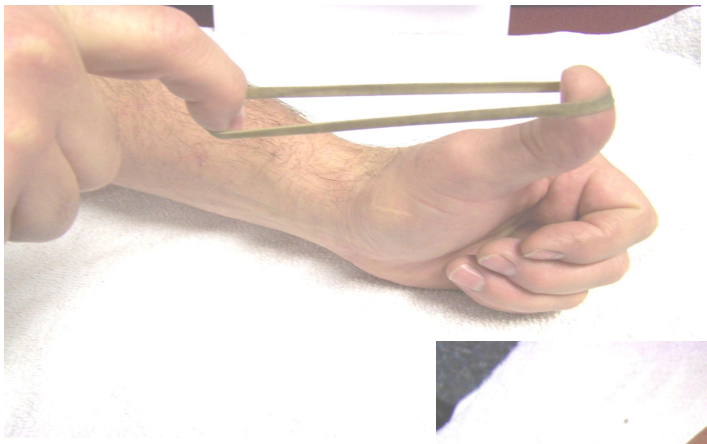
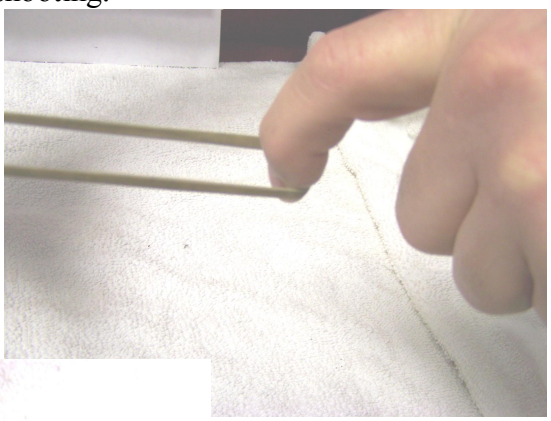
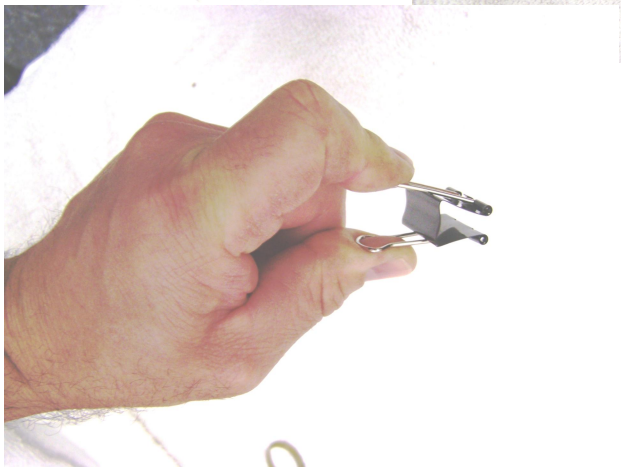
PREPARING FOR THE RANGE
TRIGGER FINGER EXERCISES

These simple exercises will increase your hand strength and trigger finger strength needed for the Range. These exercises will also help with Arrest & Control, Baton, and Application of Restraint Gear.

- Racquetball compressions.
- Rubber band exercises.
- Bulldog paper clip exercises.

To determine if you can move your trigger finger independently, simply hold your hand in front of you, simulating a grip on a handgun. With the trigger finger at the proper 90-degree angle, move it back and forth, duplicating the motion of a trigger press. Try looping a firm rubber band around your finger with the pressure against the pad to simulate a firmer trigger press. Move only your trigger finger with absolutely no motion from any other finger or part of your hand. Note even the most subtle movement. Daily repetitions can help isolate and develop the unique motion of a trigger press to avoid unwanted movement during shooting.