

Flexion

Hand check report

Right hand

2026-10-19 08:10 IST

Session 1:15

Completed: yes.

Fist reading: 0.16 (index fingertip to palm, scaled to your hand; lower is a tighter fist).

Open-hand reading: 0.79.

Against your usual (0.18): inside your normal day-to-day range.

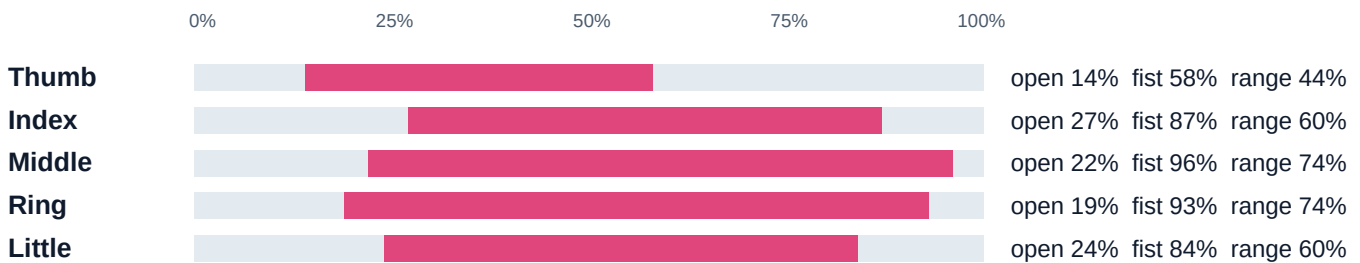
Reps: 10 of 10, about 2.4 s each.

Grip task: done in 7.0 s.

Form corrections: 1. Rests: 0.

How far each finger bends

0% = straight, 100% = fully bent. Median of the counted holds. The bar runs from your open hand to your fist.



Every counted hold

#	Step	At	Index	Fist	Thumb	Width	thumb	index	middle	ring	little
1	Open hand	0:09	0.77	0.80	1.30	0.67	14%	25%	23%	19%	25%
2	Open hand	0:13	0.79	0.77	1.30	0.67	16%	27%	20%	21%	22%
3	Open hand	0:17	0.81	0.79	1.30	0.67	13%	29%	22%	18%	24%
4	Fist	0:26	0.17	0.18	1.02	0.84	56%	88%	95%	95%	84%
5	Fist	0:30	0.14	0.20	1.02	0.84	58%	85%	97%	92%	86%
6	Fist	0:33	0.16	0.17	1.02	0.84	60%	87%	94%	94%	83%
7	Fist	0:37	0.18	0.19	1.02	0.84	57%	89%	96%	91%	85%
8	Fist	0:40	0.15	0.21	1.02	0.84	59%	86%	98%	93%	82%

Steps, in order

Step	Started	Took	Result
Hand in view	0:00	0:04	done
Open hand	0:04	0:13	done
Fist	0:17	0:24	done
Open and close	0:40	0:27	done
Grip task	1:08	0:07	done

Reps, form and rests

Reps: 10 of 10. Average 2.4 s a rep (fastest 2.1 s, slowest 2.6 s).

Form: Thumb tucked inside the fist at 0:22, corrected after 2.9 s.