



## Print Grips Beginner



Patrik Spawn's Items

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## Summary

Enhance grip, strengthen arms. 3D printed "Print Grips". Durable TPU. Customizable fit.

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Tags: [customizable](#) [gym](#) [workout](#) [exercise](#) [fitness](#) [strengthtraining](#) [gripstrength](#) [griptraining](#) [musclebuilding](#) [armtraining](#)

Elevate your grip strength and arm workouts with these 3D printed "Print Grips", inspired by commercial grip enhancers. These grips increase the diameter of your exercise equipment, intensifying muscle activation and promoting growth in your arms, forearms, and hands.

Available in a Beginner Edition with an outer diameter of 1.75 inches (4.45 cm) and an inner diameter of 1.1 inches (2.7 cm) for all editions.

### Key Features:

- **Enhanced Muscle Activation:** Thicker grips stimulate greater muscle engagement for improved strength and size gains.
- **Versatility:** Compatible with barbells, dumbbells, cable attachments, exercise machines, and resistance bands.

- **Durable TPU Construction:** Made from high-strength TPU for long-lasting performance and comfort.

## Printing Instructions with Overture TPU 95A

**Material:** Overture TPU 95A Filament

### Print Settings:

- **Infill:** 50% infill density recommended for balance between strength and flexibility.
- **Printing Temperature:** 210-230°C
- **Bed Temperature:** 60-70°C
- **Print Speed:** 30-50 mm/s
- **Retraction:** Enable retraction with a distance of 5-10mm and a speed of 25-50 mm/s.

### Additional Notes:

- **Adhesion:** Use a PEI sheet or glue stick for better bed adhesion with TPU.
- **Cooling:** Allow the TPU to cool slowly to prevent warping.
- **Flexibility:** Adjust the infill percentage to fine-tune the grip's flexibility.

**Disclaimer:** These are recommended settings, and you may need to adjust them based on your specific printer and filament.

**Embrace stronger, more defined arms with these 3D printed “Print Grips” and experience the difference enhanced grip training can make.**

## Model files

print\_grips\_b.3mf



print\_grips\_b.stl

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