

BE HEALTHY ZIKIR GRIP EXERCISE (ZiGE)

74

Group member

PRODUCT

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INTRODUCTION

Normally a zikir is counted either by using a person's fingers, a tasbeeh or a counter.

A gripping exercise is not normally done with a zikir, thus a person will need to give more time to do a zikir and a gripping exercise, which may result in a person choosing not to do either a zikir or a gripping exercise.

PRODUCT DESCRIPTION/ INNOVATION IN BRIEF

ZiGE

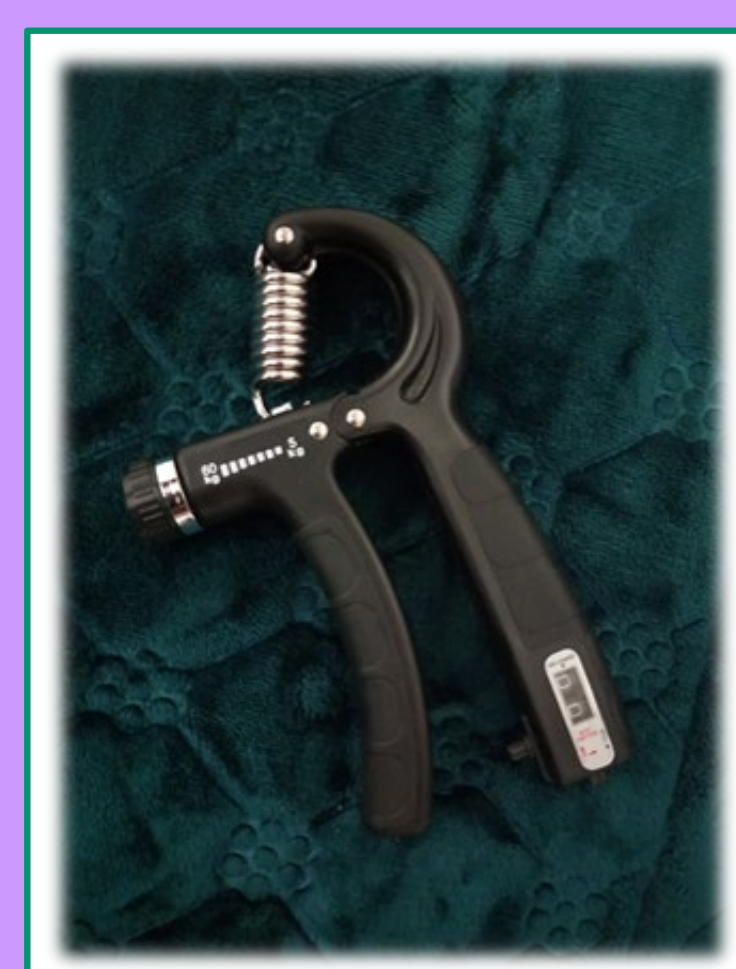
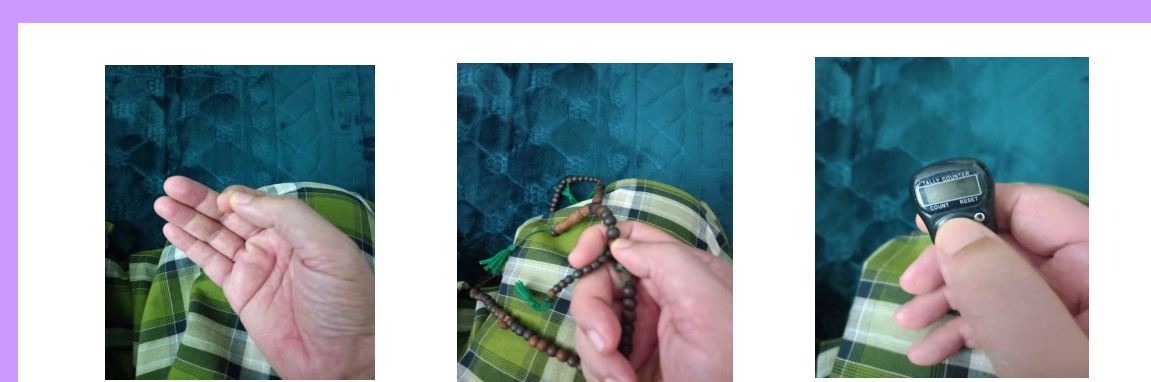
1. doing a zikir while doing a gripping exercise.
2. using an adjustable hand gripper with a counter while doing the zikir.
3. enable a zikir to be counted using an adjustable hand gripper with a counter.

SIGNIFICANCES

ZiGE,

1. combination of **zikir and gripping exercise**, at the same time.
2. will **benefit the spiritual health and the physical health**.
3. **Gripping exercise helps to improve blood pressure**.
4. **Better health** will enable **better productivity** of the ummah.

METHODOLOGY



ZiGE
Zikir &
Exercise
Anyone
Anywhere
Anytime
Be Healthy



SHARIAH COMPLIANCES

1. **Zikir benefit spiritual health.**
2. Gripping exercise is an **exercise** that can be done both by men and women **without exposing their aurat**.
3. **ZiGE** will help an insan to **take care of his/her spiritual and physical health**.

NOVELTY/ ORIGINALITY

1. Taking care of an insan's **health is an amanah**.
2. The ummah will be motivated to do a zikir and a hand grip exercise at **any time or any place** for his/her health with **ZiGE**.
3. **ZiGE** is even suitable for **elderly ummah** to zikir & to exercise for their health.
4. **ZiGE** can be used at **anyplace**, such as at home, in a car, at the surau, mosque, etc.

"LEADING INNOVATION"

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