

## **GENERAL USAGE INSTRUCTIONS FOR OUR STEEL HANDLES:**

Our handles is aimed at being multipurpose and the choice of exercises is only determined by what you specifically want to train. They are ideal for performing both dynamic exercises<sup>1</sup> and static exercises<sup>2</sup>.

You will need to adjust the number of repetitions and intervals between training sessions depending on the goals you have with the training.

***NOTE! All steel handles have grease applied before delivery, but needs to be lubricated atleast once a year. Apply grease or a lubricant with a thick consistency at the points/ the contact surface where the grip surface/handle rotates around the shaft. We do not recommend using lubricants in liquid form, as this type of agent often only has a temporary effect and is quickly worn down.***

<sup>1</sup> Dynamic exercises = Exercises that occur during movement, where the muscle is pulled together or relaxes.

<sup>2</sup> Static exercises = Exercises where the muscle is held still in a specific position to withstand a weight / load or is pressed against an unmovable object such as a wall, etc.