

## **TRAINING & PRONATION STRAP - PRODUCT MANUAL:**

Below are suggestions on how training with the Training & Pronation Strap can be done. Just adjust the number of repetitions and intervals between training sessions depending on the goals you have with the training.

Can be used to train pronation & supination exercises, arm exercises, wrist exercises etc.

For example, can be used to train hammer curl, biceps curl, Radial Deviation & Ulnar Deviation.

Can be connected either to a cable machine or to a Loading Pin and gives almost unlimited possibilities for exercises that can be performed.

