

GENERAL USAGE INSTRUCTIONS FOR ARMWRESTLING ROLLING HANDLE:

Our handles are 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 exercises¹ and static exercises².

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

NOTE! Our ball-bearing handles are completely maintenance-free. To ensure the longest possible service life, we still recommend lubricating the ball-bearing parts at least once a year. Apply grease or a lubricant to the ball bearings on each side of the handle grip section. Use a lubricant specifically designed for ball bearings. If you are unsure, consult your specialist dealer for the correct type of lubricant.

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

² 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.