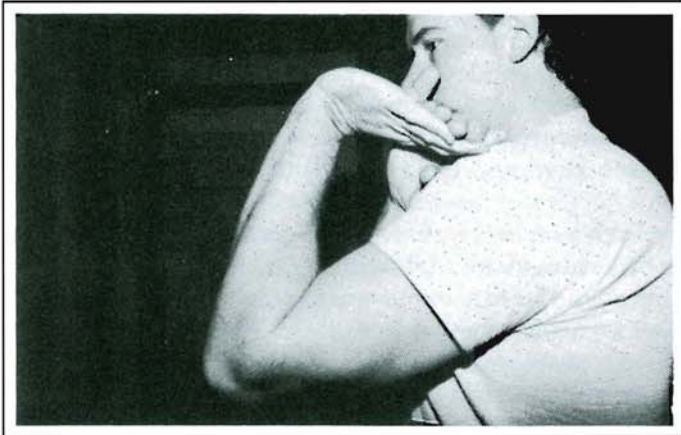
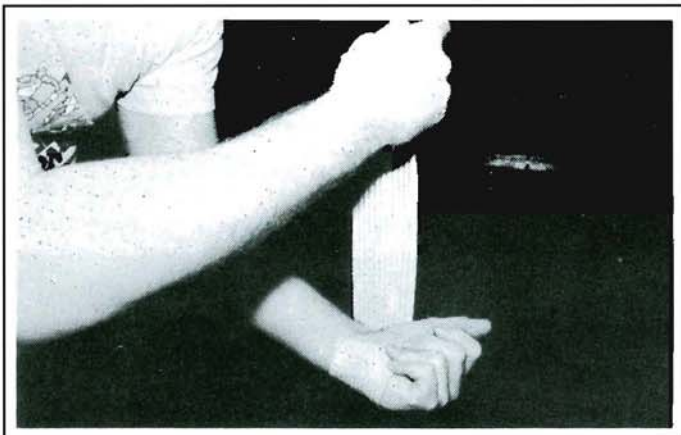


TRAINING AIDS USING THEM CORRECTLY

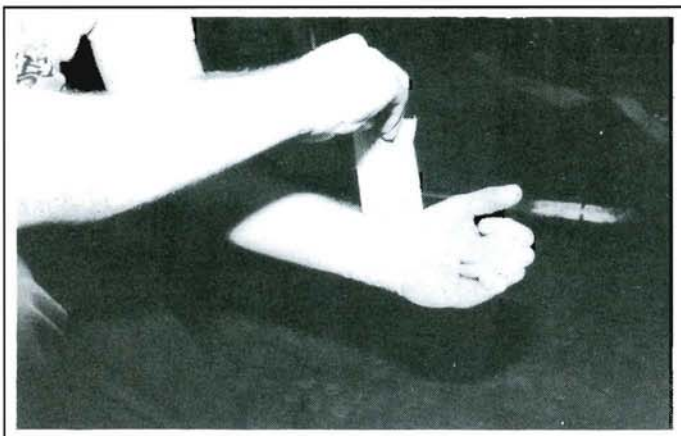
Part One by Dr. Greg Shepard
WRIST WRAPS



Wrist Wraps can really help on a Power Clean In conjunction with this specific wrist flexibility exercise. Wrist Wraps can also be used on a Bench Press.



Our *BFS* Wrist Wraps are easy to use. Hold the Wrap with the velcro strip up with the 4th and 5th fingers and begin wrapping.



Pull tight and firm around the wrist twice and secure again with the velcro strip.

Many athletes will get sore wrists from doing Power Cleans or even Bench Presses. Often times this soreness is caused by incorrect technique and/or poor flexibility. The Power Clean when done correctly will rest on the deltoids as the athlete racks the bar. The bar should never be fully or primarily supported by the wrists.

I recommend doing a simple wrist flexibility exercise before doing a Power Clean. This exercise takes only 15 seconds with each wrist. This exercise is illustrated on the left. Pull back on the fingers as shown until the back of the fingers touch the top of the deltoids. Bring the elbow straight out in front as in the finished rack position of the clean.

In addition, I recommend our *BFS* Wrist Wraps as a helpful training aid to the clean. They give great support to the wrists and might possibly prevent a wrist injury if an athlete has incorrect technique. I always wear them while doing cleans, snatches or benches. They feel good and also probably give some psychological support. Once you try them you won't want to lift without them.

In our next issue, Stefan will talk about wrist straps and how to use them.

BFS WRIST WRAPS

Cost: Only \$5.95

To order write:

BIGGER FASTER STRONGER

805 West 2400 South • Salt Lake City, Utah 84119
or Call Toll Free 1-800-628-9737

NEW!! VINYL ADHESIVE

\$24.95 Per Can

- ★ Repair Benches Easily Like New!
- ★ Save Hundreds by Repairing, not Replacing!
- ★ Repair Wrestling Mats, Wall Pads, Tackling Dummies!
- ★ Repairs Cuts, Splits Seams, Cigarette Burns, Punctures, Rips and Large or Small Holes on Vinyl, Canvas and Coated Foam Rubber Objects.



So Tough You Can't
Tear the Repair!