

# TRAINING AIDS

## USING THEM CORRECTLY

Part Two by Stefan Fernholm

### WRIST STRAPS

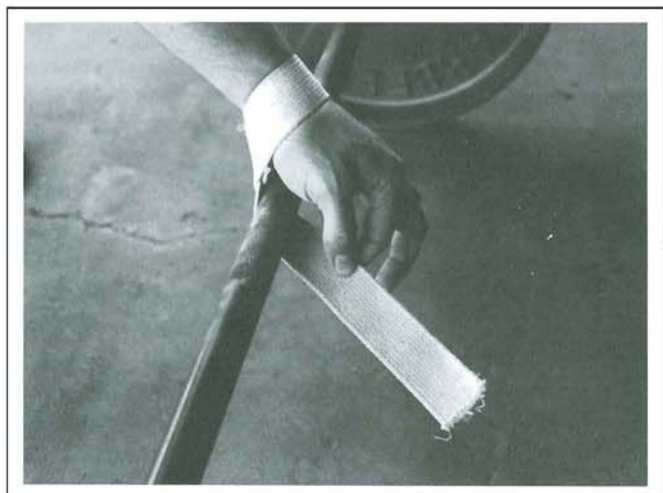
Wrist straps should always be used in the Power Clean and Dead Lift or any heavy type pulling exercises. These exercises are not designed to develop wrist and hand strength. Therefore it would be a big mistake to allow weaknesses in the hand and wrist to deter or hamper total body development in these power exercises. The wrist straps help an athlete to totally focus on the acceleration of the bar and prevents slippage and skin abrasions to the palm area.

Wrist straps should be 1 1/2 inches in width and long enough to wrap around the bar one complete revolution. Straps made from slick materials or nylon are not recommended materials. Good straps are made from canvas or leather. All straps will eventually wear out. It is therefore very important to check for tears frequently to prevent accidental breakage. Do not lift with worn straps.

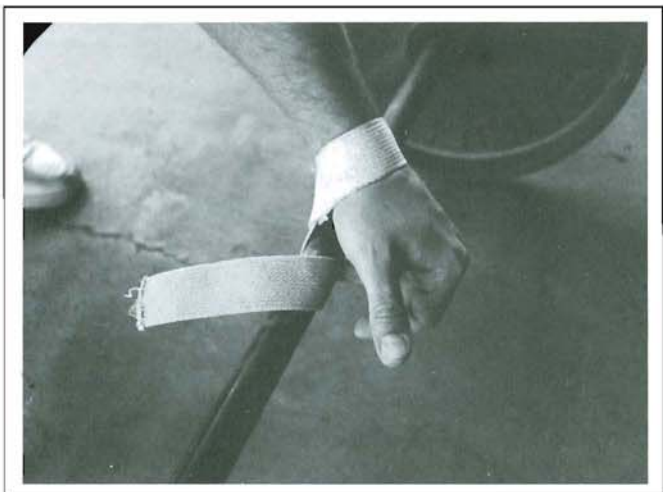
The use of Wrist Straps is relatively easy but an athlete must develop some finger dexterity and coordination to quickly use them efficiently. At first, it may seem a little awkward, but with practice an athlete will soon get the hang of it.

To begin, simply put your hand through the loop. The end of the strap should be on the same side of the bar as the thumb. Then, you are ready to wrap the strap around the bar as tight as possible. Now grip the rolled up strap with your fingers and thumb locking the strap into place. Follow the same procedure with the other hand. For a great look at the wrist straps in action take a look at my picture on page 65.

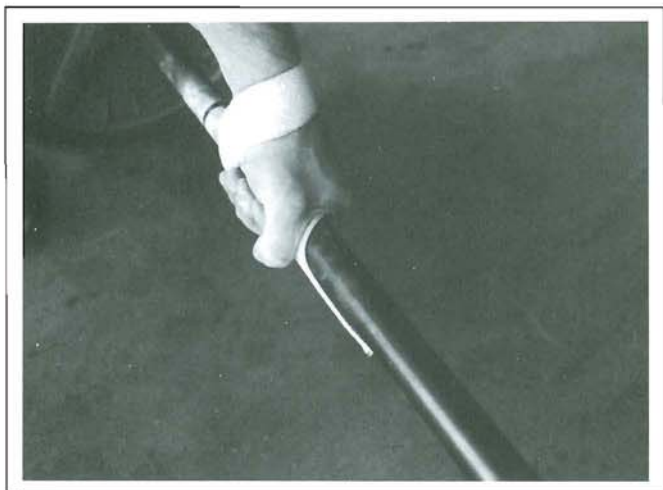
Wrist Strap order information on page 27.



Begin wrapping on the same side of the bar as the thumb grip.



Bring Strap around one full revolution.



Grip as shown and keep the strap very tight

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