

SQUARE ROLLING HANDLE – PRODUCT GUIDE:

Below is shown how the tool should be held regardless of which exercise to perform. The choice of exercises is only determined by what you specifically want to train. The tool is ideal for performing both dynamic exercises¹ and static exercises².

You will 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 at least 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.

Användningsanvisning / Usage instruction:



1. Koppla handtaget till en kabelmaskin. Kontrollera att den fyrkantiga greppytan är i vinkel med resten av handtaget (se bilderna).
 2. Böj fingrarna i 90 graders vinkel vid knogarna. Håll fingrarna raka.
 3. För handen sakta mot handtaget. Fingrarna bör ligga något ovanför greppytan. Fortsätt tills handflatan möter greppytan.
 4. Flytta handen nedåt tills fingrarna ligger an mot den övre delen av greppytan.
 5. Greppa handtaget med fingertopparna och spänn handen.
 6. Börja träna! Förslag på övningar är t ex roddövningar, handledsinböjningar osv.
1. Connect the handle to a cable machine. Make sure the handle itself is aligned properly (as in the pictures).
 2. Bend your fingers in a 90 degree angle from your knuckles. Make sure your fingers are straight.
 3. Slowly move your hand towards the handle. The fingers should go slightly above the topside of the handle. Keep going until your palm meets the handle.
 4. Move your hand downwards until your fingers touch the topside of the handle.
 5. Grip the handle with your fingertips and tighten your hand.
 6. Start training! Recommended exercises are rowing exercises, wrist training and so on.

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.