

IRON ARMS

IMPORTANT: Consult your physician before beginning this or any exercise program.

WARNING: Fitness training can result in serious or fatal injury. Practicing safe techniques and common sense can reduce the risk of injury. Always check equipment for worn or damaged parts before using. If any defects found with this product, DO NOT USE.

Read the instructions carefully and follow each exercise as outlined. Do not overexert yourself. Start out slowly and work your way up to a more vigorous workout. Begin each session by stretching and loosening your muscles through a warm-up routine. Do the exercises slowly and in a controlled, smooth and fluid manner. Steady effort will build strong muscles. We recommend starting your Iron Arms workout routine with 3-5 sessions per week (every other day). Gradually increase the number of repetitions over time.

TO WORK EXTENSOR AND PRONATOR MUSCLES:

1. Hold handle grips in „Starting Position“ (see fig. 1)
2. Rotate handle grips inward until you cannot go any further then release back to „Starting Position“ all in a slow, controlled manner (see fig. 2).
3. Continue your workout until you feel you are no longer using good form.

ONE-HANDED EXTENSOR AND PRONATOR MUSCLES WORKOUT:

For a more advanced Extensor and Pronator Muscles workout.

1. Securely hold one side of the top of the plastic frame of Iron Arms with one hand angling the opposite side of the unit upward (see fig. 3).
2. With your other hand, hold and rotate the opposite-side handle grip inward until you cannot go any further then release back all in a slow, controlled manner (see fig. 4).
3. Continue your workout until you feel you are no longer using good form.
4. Now reverse your hands and repeat above steps to work out your opposite forearm.

TO WORK FLEXOR AND SUPINATOR MUSCLES:

1. Turn Iron Arms over.
2. Hold handle grips in „Starting Position“ (see fig. 5)
3. Rotate handle grips outward until you cannot go any further then release back to „Starting Position“ all in a slow, controlled manner (see fig. 6).
4. Continue your workout until you feel you are no longer using good form.

ONE-HANDED FLEXOR AND SUPINATOR MUSCLES WORKOUT:

For a more advanced Flexor and Supinator Muscles workout.

1. Turn Iron Arms over and securely hold one side of the top of the plastic frame of Iron Arms with one hand angling the opposite side of the unit upward (see fig.7).
2. With your other hand, hold and rotate the opposite side handle grip outward until you cannot go any further then release back all in a slow, controlled manner (see fig. 8).
3. Continue your workout until you feel you are no longer using good form.
4. Now reverse your hands and repeat above Steps to work out your opposite forearm.



Fig 1 Starting Position



Fig 2



Fig 3



Fig 4



Fig 5 Starting Position

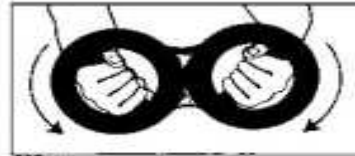


Fig 6



Fig 7



Fig 8