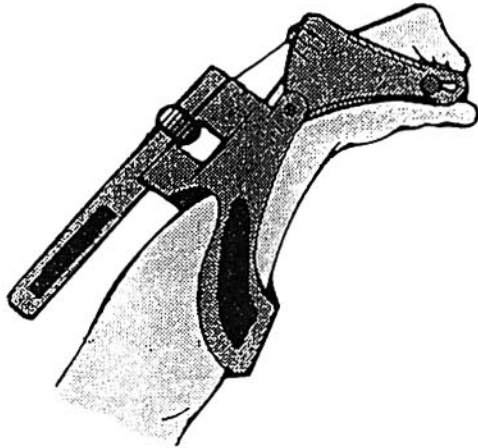


USER'S MANUAL



ADJUSTING YOUR WRIST TRAINER TO FIT

Insert either arm into the WRIST TRAINER with the palm of your hand facing down. your wrist should be directly below the wrist support and the forearm should be on the forearm support.

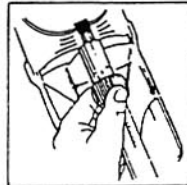
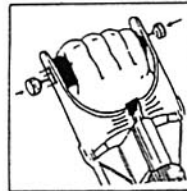
STEP TWO:

Adjust the padded foam grip to a comfortable position by removing the screws and sliding to the desired hole position (located to the top of your WRIST TRAINER.) be sure to tighten the grip screws securely. but DO NOT OVERTIGHTEN! Your WRIST TRAINER is now ready for operation.

ADJUSTING THE RESISTANCE

Your WRIST TRAINER is equipped with a unique variable Tension Cylinder. It has been designed and engineered for easy operation and to provide a more efficient workout with maximum benefit.

Your WRIST TRAINER has been pre-set at the minimum resistance level. (1=minimum, 5=maximum) To increase the resistance simply turn the tension aduster clockwise. To decrease resistance. turn counter-clockwise.



HOW TO USE YOUR WRIST TRAINER

Your WRIST TRAINER may be used while standing or in a sitting position. The following exercised have been specifically designed to give you maximum benefit to the wrist and forearm muscles.

STANDARD WRIST CURL

STEP ONE:

Insert either arm into your WRIST TRAINER, turning it so the tension adjuster is on the TOP of your forearm. With your arm extended and palm facing UP grasp the padded grip and bend your arm at the elbow so that your arm is approximately at a 90 degree angle to your body. (your wrist should be resting comfortably on the wrist support.)

STEP TWO:

In smooth, continuous motion, pull the padded grip toward you as far as you can. Hold it, then slowly return to the starting position. Repeat this motion 10 to 20 times, or until your forearm is fatigued. Alternate from arm to arm as many times as you can.

STANDARD WRIST EXTENSION

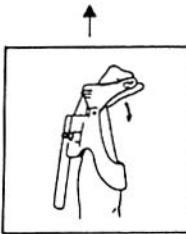
STEP ONE:

Insert either arm into your WRIST TRAINER turning it so the tension adjuster is on the inside, next to your forearm. With your arm extended and wrist facing UP. grasp the padded grip and bend your arm at the elbow so that your arm is approximately at a 90 degree angle to your body. (Your forearm should be resting on the forearm support.)

STEP TWO:

Again,, in one smooth, continuous motion. slowly pull back on the grip as far as you can. hold and return to starting position. Repeat this motion 10 to 20 times, or until your forearm is fatigued. As your forearm, wrist and grip strengthen, increase your repetitions and resistance.

Whether you are working on increasing your wrist and forearm strength for sports or recovering from a broken wrist, these particular muscle groups respond best to daily workouts.



Toll-Free Customer Service Number
1-800-999-8899

Mon. - Fri. 9 a.m. - 5 p.m. PST

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WARNING:

Consult your physician before beginning any exercise.