SPORTENZIA

USER GUIDE

# WRIST ROLLER FOR FOREARMS AND WRISTS

A silicone-coated steel handle, a strap and a snap hook: hang a weight on it, wind it up by turning the wrists, lower it under control. Assembly, choosing the weight, safety and care.




**REF. SPROULMUSCBLCK1** · 31.5 CM HANDLE, 3.1 CM DIAMETER · STEEL AND SILICONE, WEIGHT OF YOUR CHOICE

01 · GETTING STARTED

## CONTENTS, ASSEMBLY, FIRST SESSION

### In the box

- The roller: a steel handle coated in silicone, with two flanges in the middle that guide the strap.
- The adjustable hanging strap, ending in a snap hook for the weight.

### Who it is for

To strengthen forearms, wrists and grip, alongside weight training, weightlifting or climbing. No weight is supplied: you use a plate, a kettlebell or a small dumbbell you already own.

### Assembly and first session

1. **Hook on the weight** with the snap hook, through the hole of a plate or the handle of a kettlebell. Close the hook. The weight must hang straight and be unable to open or unhook.
2. **Start light** the lever is long: a small weight is enough to work. Go up later, in small steps.
3. **Hold the handle with both hands** arms straight out in front, the strap hanging between the flanges, your feet clear of the weight's drop line.
4. **Wind it up** turning one wrist after the other: the strap winds between the flanges and the weight rises to the handle.
5. **Unwind under control** the other way, same rhythm: the lowering is where most of the work is. Never let the handle run free.
6. **Change direction** on the next set: winding towards you or away from you works different muscles on either side of the forearm.

### Specifications

| | | | |
|---|---|---|---|
| Materials | **Steel, silicone handle** | Length | **31.5 cm** |
| Diameter | **3.1 cm** | Weight | **Not supplied, your own equipment** |
| Attachment | **Adjustable strap, snap hook** | Areas | **Forearms, wrists, hands** |

**SAFETY**

- A handle released under load spins very fast and can injure the hands: always unwind with the brakes on.
- Nothing under the weight: no feet, no child, no pet. Work over a floor that can take a drop.
- Hook closed, strap free of cuts and open seams, before every session.
- Suitable weight: if the movement turns jerky or the wrists fold, it is too heavy.
- Stop if a wrist or elbow hurts; this is not a toy.

02 · DAY TO DAY

# WEIGHTS, CARE, TROUBLESHOOTING

## What weight to hook on

| WEIGHT | HOW TO ATTACH IT | NOTE |
|---|---|---|
| Plate | Hook through the centre hole | The simplest and most stable |
| Kettlebell | Hook through the handle | Barely turns, rises straight |
| Small dumbbell | Hook around the bar, between the heads | Check the bar cannot slide inside the hook |

Start with the lightest weight you have; the lever does the rest.

## What it trains

- Grip strength and forearm endurance, useful for rows, deadlifts and carries.
- A complement to climbing and weightlifting, where the grip often gives out before anything else.
- A few sets at the end of a session are enough: forearms recover slowly.

## Care

- Wipe the silicone handle after the session; water and mild soap if it turns sticky.
- Let the strap dry before winding it up; check its stitching and the hook's spring regularly.
- Store the roller flat, weight unhooked.

## If something goes wrong

| SYMPTOM | LIKELY CAUSE | FIX |
|---|---|---|
| Strap slips off the flanges | Winding at an angle | Recentre the strap, turn more evenly |
| Weight swings | Uneven rhythm, off-centre weight | Slow down, shorten the strap |
| Handle turns in the hands | Sweaty hands, loose grip | Wipe handle and hands, grip harder |
| Hook will not fit | Hole or handle too narrow | Choose another weight |




*The hook attaches to a kettlebell, a plate or the bar of a dumbbell.*

**GOOD TO KNOW**

- The strap length is adjustable: the shorter it is, the fewer turns per set, the shorter the set.
- The 3.1 cm handle makes the hand open wider: the grip works harder than on a thin bar.
- With arms held out in front, the shoulders tire before the forearms: you can also rest your elbows on a table or bench with the weight hanging clear.

## Need help?

**sportenzia.com/pages/contact**

Our team answers your questions about assembly and use.

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