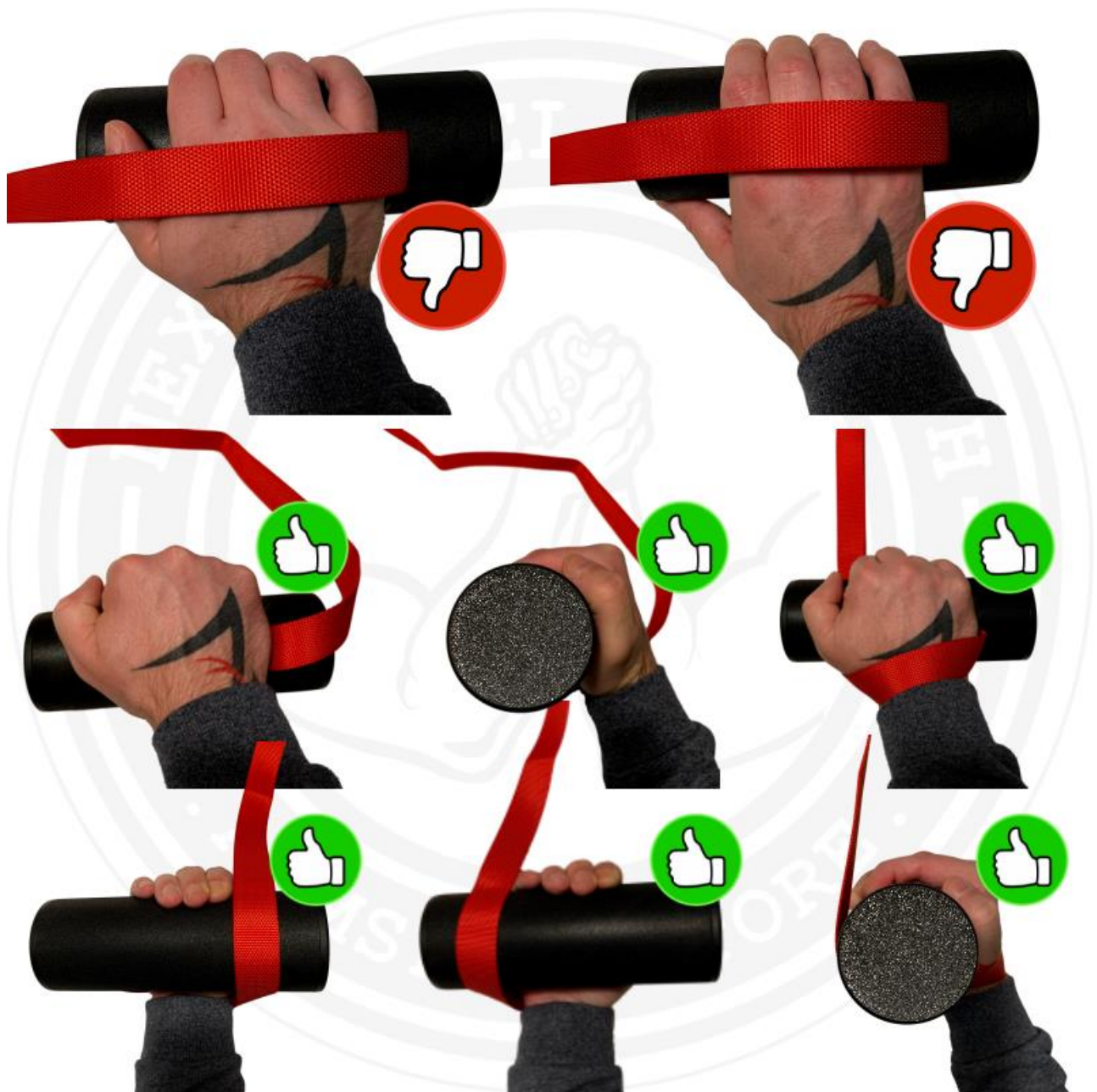


MULTISPINNER HANDLE – STEEL EDITION – PRODUCT GUIDE:

The image below shows how to properly hold the tool. The choice of exercises is determined only by what you specifically want to train. Check out Devon Larratt's videos on how to use a Multispinner handle. There are many variations on how to use the tool. It is primarily intended to train finger and wrist strength, the so-called cup strength.

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.



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.