

the SportsBuddy

To prepare the Sports Buddy, place the small piece at the bottom of the string through a plate (as pictured) so that you are able to securely use the Sports Buddy to lift the plate off the ground.



Starting Position

Hold the Sports Buddy out in front of your body with your arms extended and your hands at both ends using an overhand grip. For maximum results, grip the Sports Buddy with your index fingers and thumbs in the air not touching the Sports Buddy.

Recommended weight to use with the Sports Buddy: 2.5 lbs

If you don't want to travel to the gym every day to use the Sports Buddy, you can purchase weights at ANY sporting goods store for about \$1.00 to \$2.00 each.



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General Instructions

- 1 Slowly roll your wrists and hands backwards winding the weight up to the roller.
- 2 At this point, slowly lower the weight back to its original position by rolling your wrists and hands forward.
- 3 Next, continue with the same motion of rolling your wrists forward slowly, bringing the weight back up to the roller.
- 4 Finally, slowly lower the weight back to its original position by rolling your wrists and hands backwards and repeat.

If your main goal is to increase the strength in your dominant forearm and wrist, then wind the string to the same side as the arm you are trying to work. This will make the arm work harder when using the Sports Buddy.

Disclaimer: Training with the Sports Buddy is at the sole risk of the user's discretion. Prior to using the Sports Buddy, you must consult with your physician. Responsibility of any injuries or other negative effects resulting from the use of the Sports Buddy is expressly disclaimed.