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(Limited time offer)

[www.IBARfitness.com](http://www.IBARfitness.com)



Patent Pending

**Warning: This is not a toy**

Introducing the IBAR – the revolutionary training aid, designed to help with rehabilitation and strength training of the wrist and forearm.

The IBAR offers resistance through a range of planes of motion, allowing you to rehabilitate your wrist and forearms following injury or immobilisation, as part of a professional physiotherapy exercise programme.

Additionally, grip and forearm strength are recognised as an important element in developing general upper body strength through weight training. The IBAR allows you to develop these essential muscles through a wide range of resistance exercises.

On page 2 of this guidance document, you will find some demonstration exercises with illustrations. Please read both sides of this document before using your IBAR.

### **Safety**

- We recommend you seek the advice of a health professional before undertaking any exercise routine and only undertake exercise programmes under qualified supervision.
- It is important to adequately prepare before starting exercise to ensure the areas you are training are mobile, stretched and warm.
- If exercising becomes painful, cease exercising immediately and seek professional advice.
- The information contained in this guidance document and on our website does not constitute advice. Examples of exercises are suggestions only and should not be deemed as suitable without the prior consultation of a health professional.
- If you think you may be suffering from any medical condition or injury which affects your ability to use the IBAR, or you have any other reason by which you should not perform exercise, you should seek immediate medical attention and professional advice.
- Before using your IBAR, please ensure it is in good working order. We recommend you test the IBAR gently and in a way which will not result in injury before commencing exercise.

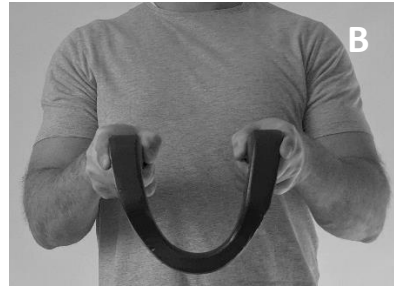
### **Using your IBAR**

- Choose the IBAR resistance level which allows you to perform the exercise fully in a slow and controlled manner for the selected number of repetitions.
- You may find that you require a different level of resistance for particular exercises according to your strengths. Be sure to select the correct IBAR resistance for each exercise. You can find details of the range of IBAR resistance levels available at [www.IBARfitness.com](http://www.IBARfitness.com)

### **Storing your IBAR**

- Keep away from; Direct sunlight, direct heat and sources of ignition, chemicals and moisture.
- When not in use, store your IBAR in a flat position to avoid it becoming misshapen over time.

## IBAR Exercise Suggestions



A) "The Arm Wrestle": Hold the IBAR in a vertical position and secure the lower handle with one hand. Grip the upper section and force the bar to bend as in an arm wrestle action.

B) "The Book Close": Hold the IBAR horizontally with both hands under the handles and your thumbs secured over the top. Fold the IBAR upwards as if closing a book.

C) "The Break": Hold the IBAR horizontally with your hands gripping each handle, palms down. Twist the centre of the bar upwards as if breaking a stick.

D) "The Crocodile Jaw": Start with the IBAR in a vertical position and hands closed around the handles in opposing directions. Close the handles together as shown while twisting the handles inwards.

E) "Reverse Crocodile Jaw": As in 'D' but twist the handles outwards.

F) "The Drummer": Hold the IBAR in front of you, as in 'F', but with your hands on the outside of the handles. Turn your hands alternately, as in the action of beating a drum with alternate hands.

G) "The Grip": Use your fingers and thumbs to squeeze both handles together.

H) "The External Twist": Hold the IBAR as shown and use the hand closest to you to twist the IBAR outwards, while securing the other end with your other hand.

I) "The Internal Twist": As in 'I' but twist the bar inwards with the hand closest to you.