

# How does it work?



The Extensor is a two-part device - it has a long end and a short end. Hold on to one end and the other becomes the resistance weight.



## The Short End

Start by rolling the short end towards you, using your fingertips to lift the weight. Once it reaches the top, lower it by twisting the opposite way. At the bottom continue twisting it away from you to raise it up. Lower again to complete one cycle.

Hold the device out from your body with your arms slightly bent.

## The Long End

Hold the long end with both hands and raise the counterweight by rotating it towards you. Like the short end, lower it then raise and lower in the opposite direction to complete the cycle. Do this a couple of times to warm up.



# EXTENSOR



**UPRISING**  
BETTER CLIMBING THROUGH INNOVATION

Congratulations on purchasing this  
**UPRISING EXTENSOR**  
– your new forearm supertrainer.

Did you know that each forearm contains more than 20 muscles? With heavy activity it is easy to create imbalances in certain areas. Unchecked, these can lead to injuries. The Extensor works by training an array of forearm muscles to help reduce this risk. It also gives a huge boost to your warm-up routine – doubling the injury prevention.

## Warming Up:

Use the Extensor for an excellent addition to a proper warm-up routine for sports such as climbing. Do two slow cycles with the long end, followed by a minute rest. Do two more cycles, slightly faster, then rest. Finally do two more as fast as you can. Repeat with the short end. Warm yet?

These are just a few of the ways you can train using your Uprising Extensor

Make sure you regularly check [www.UPRISING-ONLINE.COM](http://www.UPRISING-ONLINE.COM)

for training ideas and product updates as well as info on events and the latest news from the climbing community.

**We make climbing holds too!**

## As a training device:

After warming up you can use the following exercise as an example of how to train the forearms using the Extensor.

Using a stopwatch, press start and complete a full cycle with the long end as fast as you can. Make a note how long it takes you.

At 01:00, repeat. Could you match your first time? Repeat at 02:00 and 03:00. If you get the same time four minutes in a row, move up to two cycles next time. Repeat with the short end.