

Some proper ways to use Gripitz Blocks:

wrist position: (figures 1 & 2)



fig.1

A neutral wrist with a 0 degree angle is the best starting point to find a comfortable and stable wrist position.



fig.2

You may find that some wrist rotation makes certain positions more comfortable.

blocks position: (figures 3 & 4)



fig.3

Typically, Gripitz should be positioned shoulder width apart and parallel to your body. Again, comfort and stability are paramount.



fig.4

Some degree of block rotation is fine to achieve your greatest comfort in a particular position.

Using Gripitz Blocks:

Basic Concepts: Gripitz allow the user to maintain a more neutral wrist position while performing exercises where your arms, wrists, and hands bear weight; exercises like pushups, handstands, and sun salutations in yoga. The neutral wrist decreases stress at the wrist joint and carpal tunnel, reducing tension on the median nerve during weight bearing. There are many ways that Gripitz can help you in your exercise regime, but for all uses it's important to pay attention to your wrist position and the angle which the Gripitz blocks are placed on the floor.

Wrist Position:

Think of a neutral wrist as the position where you can draw an imaginary line through the centers of the Gripitz handle, your wrist, and on through your forearm (**figure 1**). This position minimizes stress to the wrist because of the 0 degree angle from that neutral line. Of course during exercise your forearm will move out of neutral. That's fine. You also might find some exercises more comfortable with a slight wrist rotation (**figure 2**). Above all, your wrist should feel stable and your grip comfortable and relaxed. If you find your wrist strained or that you need to grip the handle very tightly to maintain stability, check to make sure you're not overextending your wrists (**figure 5**). Excessive grasping is not necessary and may overfatigue your forearm muscles.

Gripitz Placement:

Placement varies according to your individual needs and the chosen exercise. It is recommended you place the Gripitz shoulder width apart and parallel to the body axis (**figure 3**) or angled slightly inward

Things to avoid:



fig.5

wrist rotation:

Overrotating your wrists reduces the main advantages of using Gripitz.



fig.6

sideways block:

Only use Gripitz with the orientation arrows up. Using the blocks in any other position is unstable and potentially dangerous.



fig.7

block position:

Rotating the blocks too far off-axis to your body can result in an unstable position, rolling, or slipping.

overgripping:

Avoid excessive grasping or overgripping, this may create unnecessary fatigue and strain.

(figure 4). You may need to vary the angle during the course of use depending on the exercise and your comfort level. Excessive Gripitz rotation on the floor may cause instability or strain. As with wrist position, Gripitz placement should feel stable and comfortable. You may want to practice finding your correct wrist rotation and correct Gripitz placement with postures on your knees that reduce weight loads to the wrist.

Safety:

- Ensure Gripitz are pointed upward in the direction noted on the end of each block.
- Place on a flat, stable surface.
- Please read “Using Gripitz Blocks: Basic Concepts” in this guide.
- Consult your medical professional before starting any new exercise program, especially if you have a history of hypertension or heart disease.
- Use product only as indicated in this guide, or upon the consultation of a trained fitness professional.
- Ensure that you breathe slowly and consistently throughout any exercise. Complete each exercise with control and good technique.
- Use this product at your own risk, as the manufacturer and distributor disclaim any liability, loss, injury, or damage resulting from its use.

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