

"Wrist Roller" Pistol Exercise Device Instructions

The Wrist Roller is one of the best single exercises for pistol shooters. It gives the wrist and forearm muscles used in pistol shooting a very good workout, but it also uses the shoulders and upper arms. It also works both arms in a balanced way.

Setup: The Wrist Roller consists of a plastic pipe with a cord through it, and some sort of weight. The pipe is used to wind and unwind the rope, lifting the weight. USA Shooting (the National Governing Body for Olympic shooting) recommends doing this exercise with a 3 to 5 pound weight, but even 3 pounds generally WAY too heavy to start with. To maximize the strength of the muscles that will give you a good stable hold, it is far better to do lots of repetitions with a light weight than it is to strain with one that is too heavy.

For easy adjustment, a plastic half/quarter gallon milk or juice jug filled with some water makes a great weight. The best jugs are the ones with a screw cap. The snap on cap jugs will work, but the cap can pop off and spill water if the jug is accidentally dropped. Make sure to wash the jug out thoroughly before use so it doesn't turn into a biology experiment. A cup & a half to a pint of water should be plenty to begin with.

The devices come with a loop on the end of the rope to attach the weight. The photos below show how to use the loop on a jug. Pass the end of the rope with the loop through the handle of the jug, and then feed the pipe through the loop (Figure 1). Pull the rope tight, and you are ready to go (Figure 2).



Figure 1: Pass loop thru handle & over pipe



Figure 2: Loop on jug handle

The length of the rope should be adjusted so that the weight is just resting on the ground when the arms are level, without much excess rope wound on the tube (see Figure 3). There is a spring loaded cord lock inside the tube that sets the rope length (Figure 4). To adjust this, pull the rope and cord lock out of one end of the tube. Compress the cord lock and pull on the appropriate side of the rope to make the needed adjustment. Slide the cord lock back into the tube, and double check the length.



Figure 3: Checking cord length



Figure 4: Cord lock

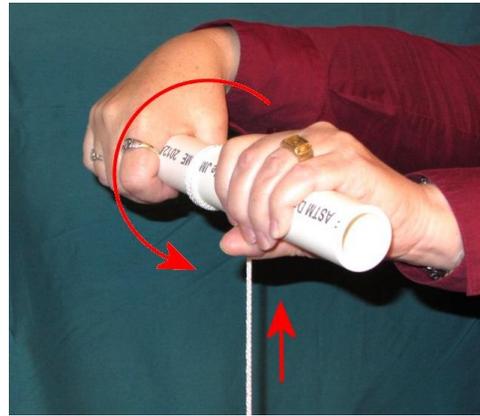


Figure 5: Wind the weight up

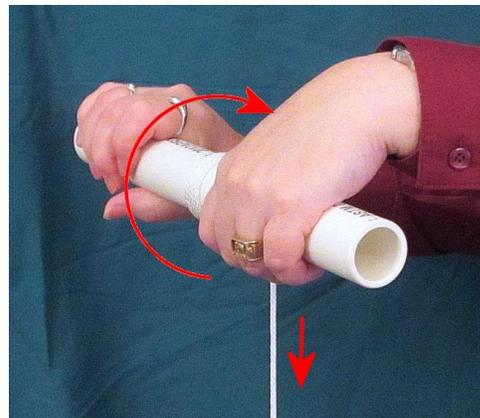


Figure 6: Wind the weight down (slowly!)

Using the Wrist Roller: Hold the roller out at shoulder height, arms straight. USA Shooting recommends winding the weight up and down 10 times (Figures 5 & 6). When unwinding the weight, you want to do it slowly and deliberately, don't let the tube slip. If 10 times is too difficult at first, reduce the weight until you feel you are getting a workout without undo suffering. It's not supposed to be a struggle, and it's definitely not supposed to be painful. When it becomes easy to do 10 repetitions, increase the weight. To get the maximum benefit, do this exercise every day, but always stop any physical training 3 days before a match to let your muscles fully recover.