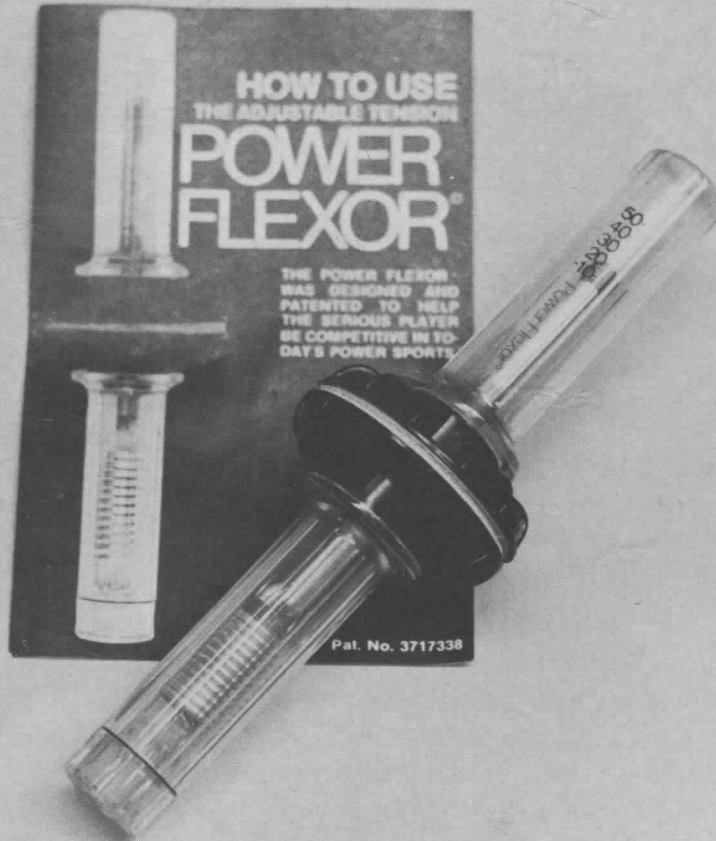


Paper Training



Next time you feel like grabbing a handful you might want to check out the Power-Flexor.

LIMP WRIST SYNDROME

□ Lots of times you see something used by athletes in one sport and wonder how it might be adapted to our own. In most any sports department store you'll find all manner of sports exerciser goodies—things ranging from rubber doughnuts you squeeze to build up your grip to those gyroscopic balls that rotate your wrists to superstardom.

Strong wrists are essential to motocross racing. There are several ways you can go about developing your wrists. You can tear and crumble every page in the phone book to help develop your grip, but the phone company will be after you before long. You can attach some weights to a rope and broom handle and roll and unroll them, and that works out OK. But it's a hassle to carry around. Then there is this little item we received in the mail recently. It's called the Power Flexor, and right on the back of the instruction sheet (after bowling and before baseball) motocross is listed as one of its possible sports applications. All right!!

Basically, the Flexor looks like two throttle assemblies butted together with a tension control spring that allows you to progressive-

ly increase spring resistance as your wrists grow stronger. You simply hold the Power Flexor with arms outstretched and at shoulder height. Grab a handful of throttle with one hand and back it off with the other. Do this for 20 seconds. Rest, shake your hands and arms to loosen them up and do the exercises twice more. They recommend not exercising more than one minute a day starting out and increasing the spring tension instead of the time. You can also use the Power Flexor to strengthen your shoulder muscles by holding it behind your back and performing the same exercises.

It is a simple, easy-to-follow routine that requires a minimum amount of time. You can take it along with you to work, school or the track. Most of all, it does seem to work. After a brief minute's workout your arms and wrists are indeed sore, which means that you've exercised muscles you didn't know were there. The Power Flexor goes for \$10.95 retail and should be available at just about any sports department store. Should you be unable to find one in your area, you can write: Ross A. Learn, Dept. MXA, South 1412 Dartmouth Rd., Spokane, Washington 99206. □