

# **PULLING POWER**

**Increase Your Armwrestling Strength  
Using the Revolutionary MARV™ Handle**



by  
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**ATTENTION: READ THIS SECTION FIRST!**

This book is not intended to teach you the techniques of armwrestling. As with most things, learning from a skilled teacher and actually **DOING** are the best ways to become skilled at armwrestling. This book is to introduce you to a training tool that can take your armwrestling to the next level!

The two basic components of any athletic endeavor are **training** and **competing**. Once you arrive at a competition – all of the things you’ve been preparing for are put to the test. Here’s where the traditional MARV and MARVpro handles comes into play! The MARV handles are the most versatile training tool we’ve come across to help with your armwrestling strength training. Here are some reasons why:

1. MARVpro can be used in multiple positions. These positions allow you to train and challenge your muscles optimally. These 3 positions are:



The traditional MARV can also be used in these 3 positions:



2. The MARV can be used with any brand resistance tube, and the MARVpro can be used with a pulley, a resistance tube or band, or with a free weight. You are never limited by the availability of resistance equipment.

3. The MARV Handles (traditional and pro) are portable, so they goes wherever you go. Whether at home, in the gym, or on the road, you are always ready to exercise.

## **NOTE: SOME RECOMMENDATIONS ON USING THIS BOOK**

Become familiar with the basic biomechanical movements of your wrist, elbow and shoulder. This is the language that exercise specialists use to communicate specific, isolated movements – and will help you better understand what you must focus on to improve your armwrestling technique. Simply refer to the photos and descriptions.

## **FUNDAMENTAL BODY MOVEMENTS (DEMONSTRATED WITH THE MARV and RESISTANCE TUBE)**

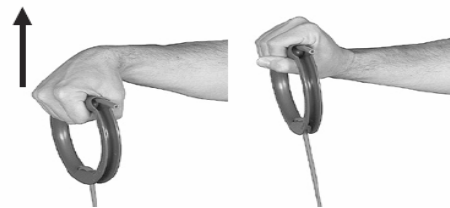
### **WRIST MOTIONS**

The wrist moves up and down, and side to side. The formal names for those motions are:

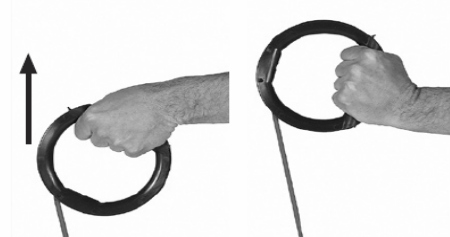
**FLEXION** (also known as **WRIST CURL**)



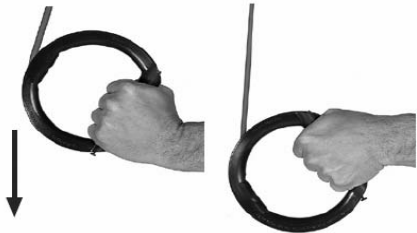
**EXTENSION** (also known as **REVERSE WRIST CURL**)



**RADIAL DEVIATION**



**ULNAR DEVIATION**



## ELBOW MOTIONS

The elbow bends and straightens, and allows the palm to turn up or down (technically, this is a combined elbow and wrist motion - but it is categorized as an elbow motion). The formal names for those motions are:

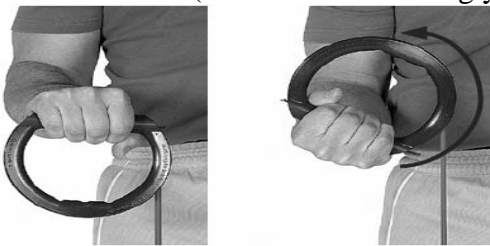
**FLEXION** (can be done PALM UP, PALM DOWN, or NEUTRAL GRIP/THUMB UP – *PALM UP shown*)



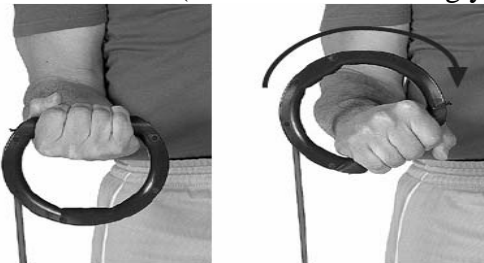
**EXTENSION** (can be done PALM UP, PALM DOWN, or NEUTRAL GRIP/THUMB UP – *NEUTRAL GRIP shown*)



**SUPINATION** (the motion of turning your hand to a PALM UP position)



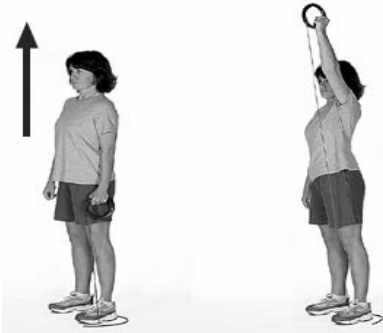
**PRONATION** (the motion of turning your hand to a PALM DOWN position)



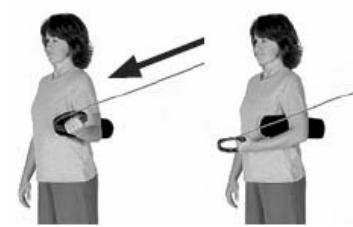
## SHOULDER MOTIONS

The shoulder is composed of several joints (four in total). These motions are those of the ball in socket joint called the gleno-humeral joint. The formal names for those motions are:

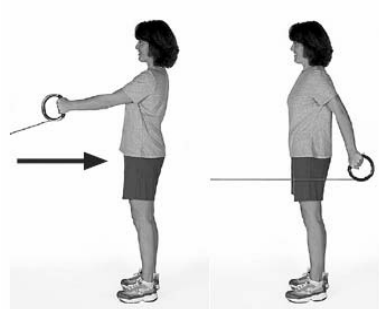
### FLEXION



### INTERNAL ROTATION



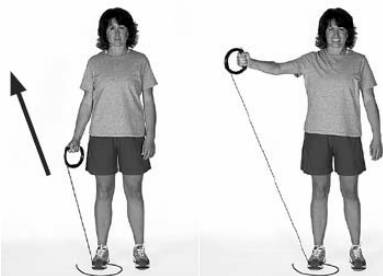
### EXTENSION



### EXTERNAL ROTATION



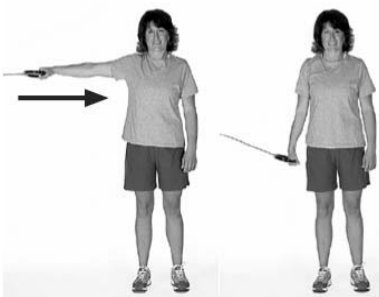
### ABDUCTION



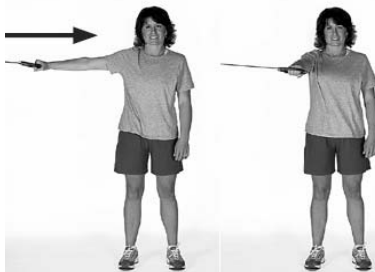
### HORIZONTAL ABDUCTION



### ADDUCTION



### HORIZONTAL ADDUCTION

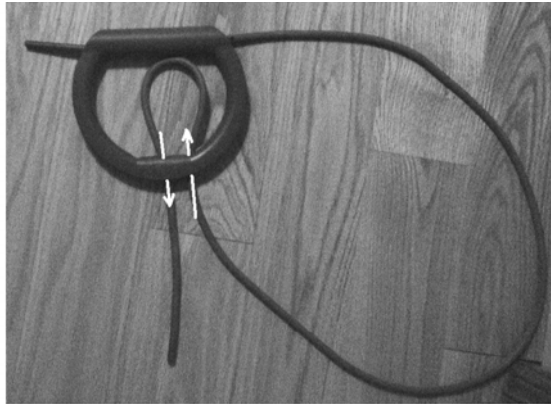


## SETTING UP THE MARV HANDLE FOR USE WITH RESISTANCE TUBE



Insert the tubing into the “T” end of the ball lock (the opposite side from the ball). Allow several inches of tubing to project beyond the ball. Simultaneously push the ball in while pulling the tube from the other end to lock it in place.

To set up the MARV handle in the STIRRUP GRIP position, put the free end of the tubing through the hole on the far side of the channel and back through the center hole. Pull the free end to secure the tube in the STIRRUP GRIP position.



## SETTING UP THE MARVpro HANDLE FOR USE

Using the MARVpro is as easy as using any other cable weight machine accessory. When the handle has both metal “O” rings attached to the caribiner/lock, you can use the MARVpro in its stirrup position:



If one of the “O” rings are detached from the caribiner/lock, you can use the MARVpro in it's VERTICAL GRIP position:



And if you allow the cord to run in the channel, you can use the MARVpro in the CHANNEL GRIP position:



Using the caribiner/lock, you can readily use your MARVpro with a pulley/cable system. To use the MARVpro with a resistance tube or band, simply create a loop at the end of the tube or band, and connect the MARVpro to it. You can also attach the MARVpro to a dumbbell with a special free weight attachment (available by special order from [www.therapyzone.com](http://www.therapyzone.com)).

### **THE MOVES**

Each “move” has several pieces to it – combinations of the fundamental wrist / elbow / shoulder movements we wrote about earlier in this book. Breaking the moves into components can help isolate areas of strength and weakness. Working on those weak areas can only help make you a better armwrestler.

It is important to note that some people have natural strengths – certain moves that are more suited to their body and build. Time and experience will dictate where your strengths are. However, making your strengths stronger and working on your weaknesses so that you are more well rounded is something to consider when developing your program.

Listed below are four of the basic moves used in armwrestling with their component parts broken down (the key factors/components are marked with an asterisk \*). For each component, look at the section labeled THE EXERCISES for the setup and performance notes using the MARV or MARVpro.

### **THE HOOK**

Components to work on:

\*Wrist flexion

Supination

Ulnar deviation

Internal rotation (supinated)

### **THE TOPROLL**

Components to work on:

\*Wrist flexion plus ulnar deviation (done together)

\*Pronation

## **THE POST**

Components to work on:

\*Radial deviation

Elbow flexion (brachioradialis)

Internal rotation

## **THE PRESS**

Components to work on:

\*Triceps press/elbow extension

Internal rotation

## **PROGRAM DESIGN**

Open up any fitness magazine, and you are sure to see the latest, greatest workout. But if you do some exploring, you are sure to find out that there is very little “new stuff” regarding program design in the exercise arena. This is neither good nor bad... It’s just the truth. The reality is that no one program is “the best” for any given individual or circumstance. Anyone involved in exercise will tell you that the most important thing you can do is to try something, monitor your progress, and then either put it in your arsenal, or ditch it.

The same is true of the progressions/Phases listed here. I welcome you to give them a try. Then see for yourself how they work for you. The key to determining the success of any program is to keep good records. So be sure to use a workout journal (a simple notebook will do) and keep it with you during every workout! If you are getting stronger, more coordinated, more endurant, etc... then the program has benefits for you. If not, have a look online or in a book or magazine, and create your own program. Just be sure to keep records for all that you do – so you’ll know which routines to re-visit in the future.

The following two Phases are to help your muscles first accommodate to the new motions and the device (the MARV or MARVpro) – and then to challenge your muscles to get bigger and stronger. I invite you to give the workouts a try. Here they are:

### **Phase I:**

Goal: Adaptation

High repetitions (25-30) per set

Low-Moderate sets (2-4) per exercise

Short rest (30-60 seconds between sets and exercises)

Goal: Increase exercise form/technique

Increase local muscular endurance

Increase local muscle circulation

Improve proprioception/neuromuscular system/coordination

Time Frame: 2-8 weeks at 3 workouts per week (dependent upon skill level and individual needs)



**Rules:**

- Do straight sets (i.e. do a set of wrist flexion, rest 30 seconds, do the next set of wrist flexion, etc. Continue until all sets of wrist flexion are completed, then rest, and begin the next exercise).
- Once you have successfully completed the target repetition/set goals (i.e. 3 sets of 30 repetitions), increase the intensity (by, for example, increasing the resistance and working up to 3 sets of 30 at that new weight).
- Keep a journal of all exercises!

**Sample program with notes:**

Exercise	Weight	Set 1	rest	Set 2	rest	Set 3	rest	Set 4
Shoulder Internal Rotation	30 lbs	30 reps	30s	30 reps	30s	27 reps	30s	22 reps
Wrist Flexion	15 lbs	30 reps	30s	30 reps	30s	30 reps	30s	30 reps
Wrist Ulnar Deviation	5 lbs	30 reps	30s	26 reps	30s	22 reps	30s	19 reps
Triceps Extensions	25 lbs	30 reps	30s	30 reps	30s	22 reps	30s	21 reps
Notes: Next workout								
<ul style="list-style-type: none"><li>• increase weight for Wrist Flexion (got goal of 4 sets of 30)</li><li>• keep weight the same for all others, try to get 30 reps per set</li></ul>								

**Phase II:**

Goal(s): Muscular Development (Strength and Size Phase)

Low-Moderate repetitions (6, 8 and 10)

Moderate sets (3-5 per muscle group/movement)

Moderate rest (90 seconds between sets, 1-3 minutes between exercises)

Goals: Increase strength

Increase muscle size

Optimize energy systems

Time Frame: 6 weeks at 2 workouts per week

**Rules:**

This workout Phase will consist of 3 progressions: 5 sets of 6 repetitions, 4 sets of 8 repetitions, 3 sets of 10 repetitions. Here's how that works:

- Start with a resistance that is challenging to you for 3-5 sets of 6 repetitions.
- Do straight sets (i.e. do a set of wrist flexion, rest 90 seconds, do the next set of wrist flexion, etc. Continue until all sets of wrist flexion are completed, then rest, and begin the next exercise).
- Once you successfully complete your target repetition/set goal (i.e. 5 sets of 6 repetitions), on your next workout go to the next step in the progression – namely, 4 sets of 8 repetitions using the SAME RESISTANCE YOU USED FOR THE 5 SETS OF 6 REPETITIONS. Once you can successfully complete this target repetition/set

goal (i.e. 4 sets of 8 repetitions), on your next workout go to the next step in the progression – namely, 3 sets of 10 repetitions using the **SAME RESISTANCE YOU USED FOR THE 4 SETS OF 8 REPETITIONS**. Once you successfully complete 3 sets of 10 repetitions, you are ready to **INCREASE THE RESISTANCE** and begin the progression loop at 5 sets of 6 repetitions with the new, heavier weight.

Sample progression for Triceps Extensions using the MARVpro in Channel Grip position: (note: 90s means 90 seconds, 6 reps means 6 repetitions)

Date	Weight	Set 1	rest	Set 2	rest	Set 3	rest	Set 4	rest	Set 5
07/03/06	20 lbs	6 reps	90s	6 reps	90s	6 reps	90s	5 reps	90s	4 reps
07/06/06	20 lbs	6 reps	90s	6 reps	90s	6 reps	90s	5 reps	90s	4 reps
07/10/06	20 lbs	6 reps	90s	6 reps	90s	6 reps	90s	6 reps	90s	6 reps
07/13/06	20 lbs	8 reps	90s	8 reps	90s	8 reps	90s	5 reps	-----	-----
07/17/06	20 lbs	8 reps	90s	8 reps	90s	8 reps	90s	8 reps	-----	-----
07/20/06	20 lbs	10 reps	90s	9 reps	90s	7 reps	-----	-----	-----	-----
07/24/06	20 lbs	10 reps	90s	10 reps	90s	8 reps	-----	-----	-----	-----
07/27/06	20 lbs	10 reps	90s	10 reps	90s	10 reps	-----	-----	-----	-----
07/31/06	25 lbs	6 reps	90s	6 reps	90s	5 reps	90s	5 reps	90s	4 reps
Etc, etc.										

Got 5 sets of 6...  
move to goal of 4  
sets of 8

Got 3 sets of 10..  
increase weight and  
re-start at 5 sets of 6

## THE EXERCISES

The key exercises required to increase your strength in the 4 moves listed in this booklet are described below.

### Wrist Flexion



Start with the handle in **STIRRUP GRIP** position. The cord should be fixed to a cable or resistance band from the side (same side as the arm you are working).

Keep a loose grip on the handle to allow it to maintain its position and allow your wrist to extend back. There should be tension in this position.

Flex your wrist. You are performing Wrist Flexion.

Allow the handle to return to the starting position, and repeat.

## Supination

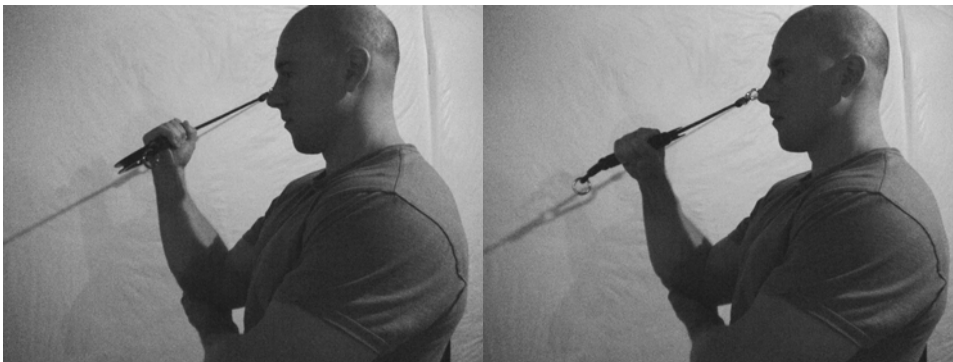


Hold the handle with the channel portion perpendicular to your palm facing down from your palm with the cord projecting from the thumb side of your hand. The cord should be fixed to a cable or resistance band from the opposite side of your body as the arm you are working.

Turn your palm upwards by rolling your forearm. The cord will travel in the channel to maintain tension. You are performing Supination.

Allow the handle to return to the starting position, and repeat.

## Pronation

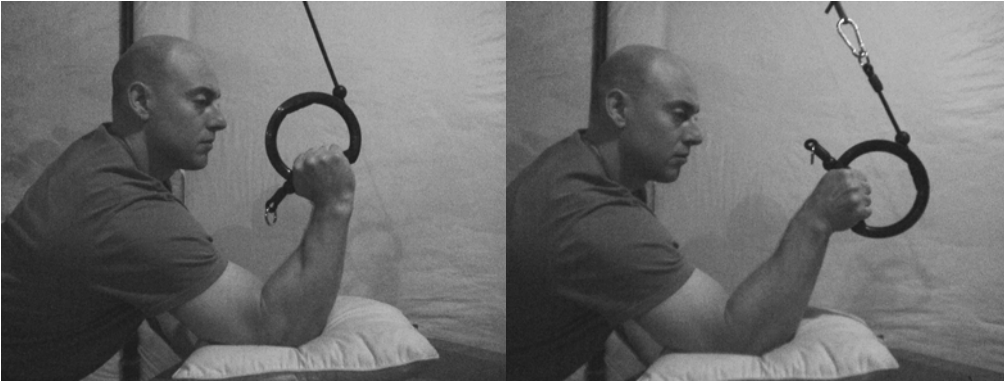


Hold the handle with the channel portion perpendicular to the back of your hand facing back from your hand with the cord projecting from the thumb side of your hand. The cord should be fixed to a cable or resistance band from the same side of your body as the arm you are working.

Turn your palm downwards by rolling your forearm. The cord will travel in the channel to maintain tension. You are performing Pronation.

Allow the handle to return to the starting position, and repeat.

## Ulnar Deviation



Start with the handle in CHANNEL GRIP position. The cord should run in the bottom channel and be fixed to a cable or resistance band from above.

Allow your wrist to bend at the thumb side. There should be tension in this position. Pull your wrist down towards the pinky side of your hand. You are performing Ulnar Deviation.

Allow the handle to return to the starting position, and repeat.

## Internal Rotation



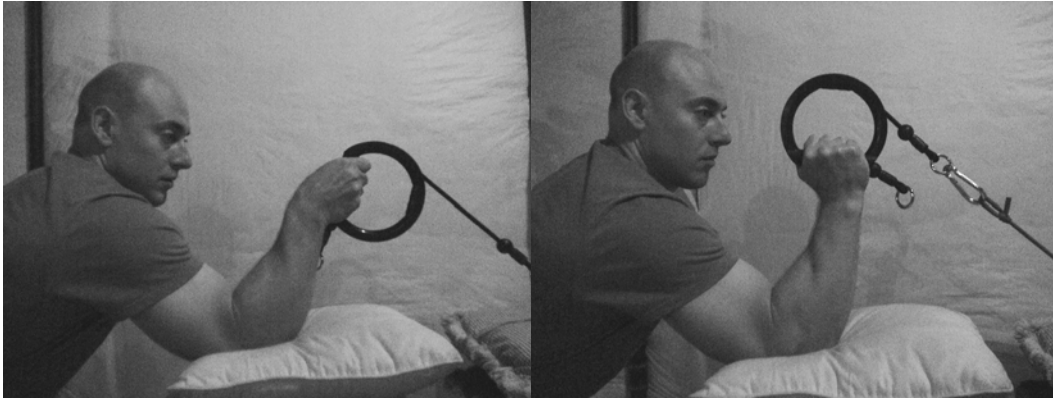
Start with the handle in STIRRUP GRIP position. The cord should be fixed to a cable or resistance band from the side (same side as the arm you are working).

Keep a loose grip on the handle to allow it to maintain its position. There should be tension in this position.

Roll your arm inwards. You are performing Internal Rotation.

Allow the handle to return to the starting position, and repeat.

## Radial Deviation



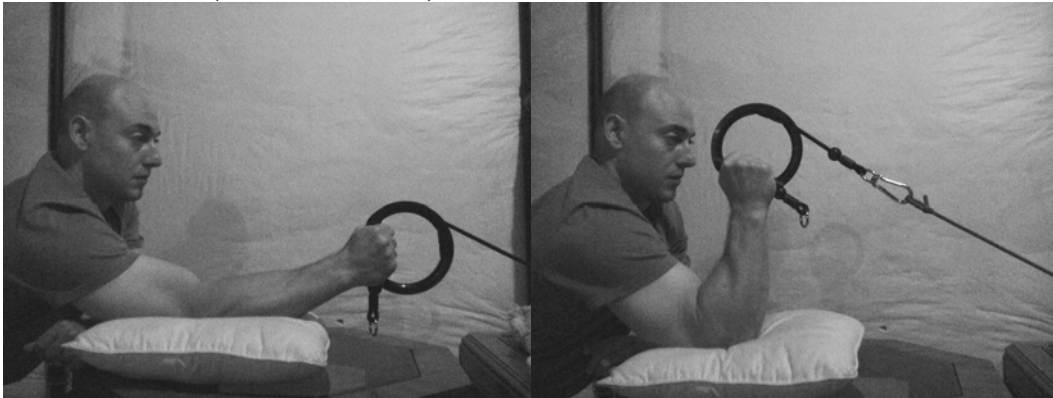
Start with the handle in CHANNEL GRIP position. The cord should run over the top channel and be fixed to a cable or resistance band from below.

Allow your wrist to bend at the pinky side. There should be tension in this position.

Pull your wrist upwards towards the thumb side of your hand. You are performing Radial Deviation.

Allow the handle to return to the starting position, and repeat.

## Elbow Flexion (brachioradialis)



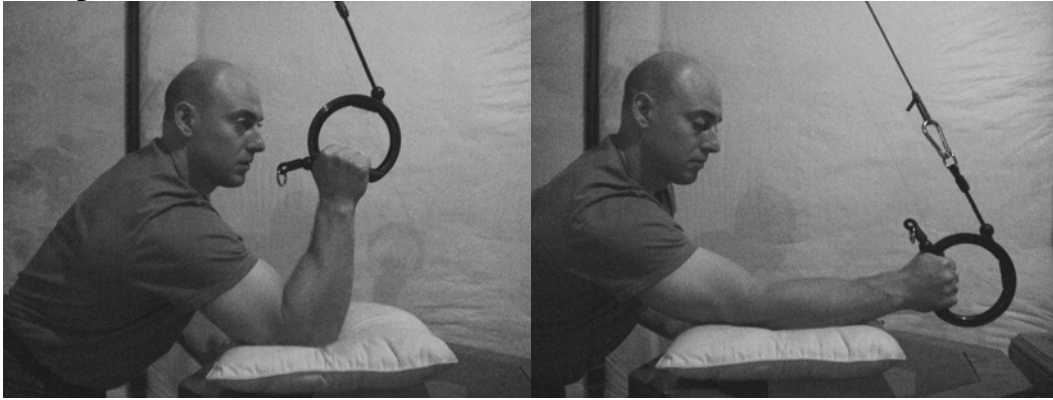
Start with the handle in CHANNEL GRIP position. The cord should run over the top channel and be fixed to a cable or resistance band from below.

Keep your wrist in neutral (un-bent) position. There should be tension in this position.

Bend your arm up at the elbow. You are performing Elbow Flexion.

Allow the handle to return to the starting position, and repeat.

## Triceps Press/Elbow Extension



Start with the handle in CHANNEL GRIP position. The cord should run in the bottom channel and be fixed to a cable or resistance band from above. Keep your wrist in neutral (un-bent) position. There should be tension in this position. Straighten your arm up at the elbow. You are performing Elbow Extension. Allow the handle to return to the starting position, and repeat.

## FINAL WORDS

Aside from using the MARV handle to perform the component moves, the creative puller will figure out ways to use it to improve strength and technique on the table. By using the MARV handle with resistance (via tubing or cable) in actual pulling positions, you can hone in on weak areas, and work to strengthen your tendons and muscles to improve your pulling power.

Isometrics can also greatly help to increase tissue tolerances to stress (i.e. strengthen tendons) and endurance. Find ways to work different types of training into your program.

Good luck with your training!

*-David Berman, MS, PT, COMT, CSCS*

For even more exercises using the MARV and MARVpro handles, visit [www.marvtec.com](http://www.marvtec.com) and download the free instructional pdf files for wrist, elbow, shoulder and whole body.