

This is a quick report about Power Twister training. I love these things and have used them on and off for years. But I always felt that the way I used them was kind of redundant.

Lets face it there are only a limited number of exercises you can do and years ago there was not much variety in torsion strength.

These days you can get Power Twisters in a wide variety of resistances. I have two, a 40kg and a 60kg. I know they come much harder than that too.

The device itself does not have variable resistance – nobody invented that yet as far as I know.

OK so limited exercises and a variety of fixed torsions. What can we do to fully utilize the device?

Well isometric holds are the first thing and most natural apart from just bending the spring we can maintain the tension at various holds.

Well I figured two more ways to use the Power Twister giving four methods:

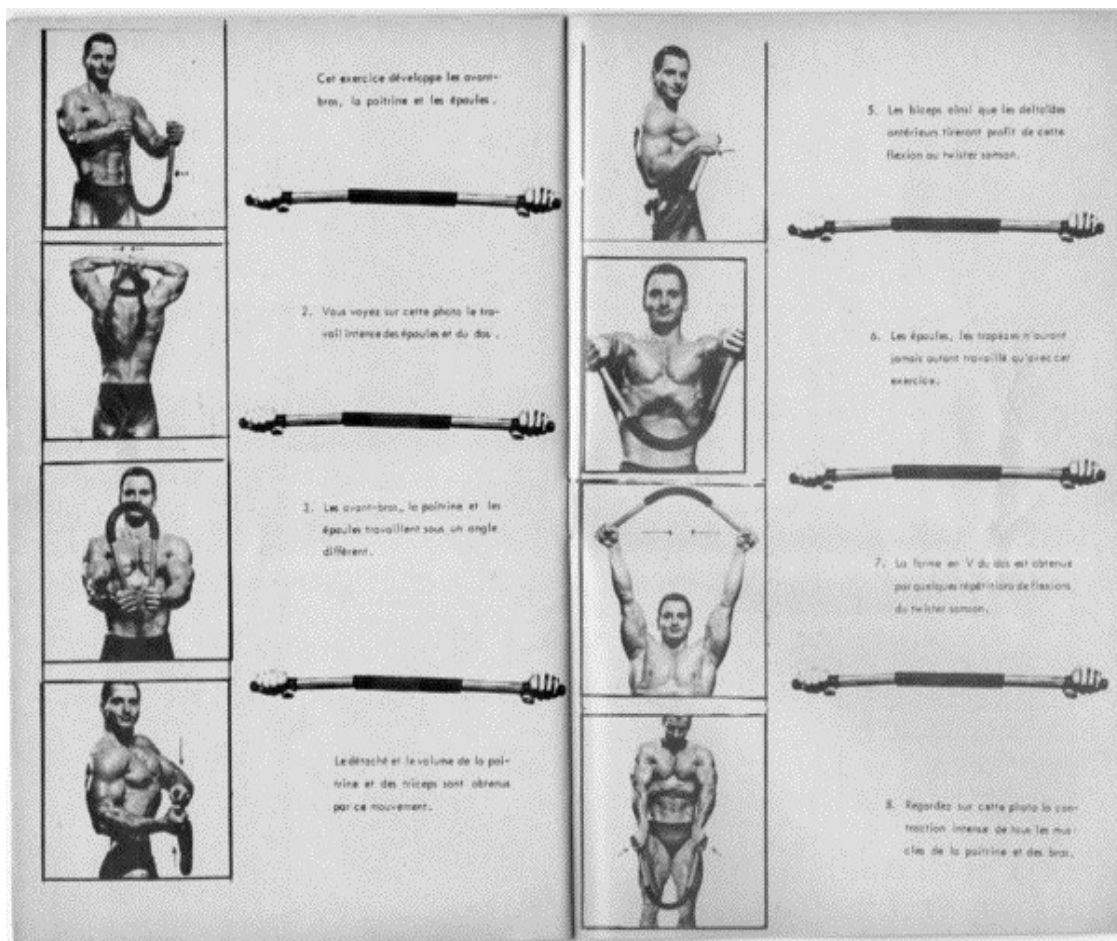
Bending

Isometrics

Dynamic Tension

Dynamic Bending

Lets say there are may be eight basic holds (there may be more) illustrated below:



As an example lets use the first exercise. Traditionally you will hold the Power Twister at a comfortable distance from the body the bend it for reps. You can do sets of these as you would training with weights.

But if we only have 8 basic exercises its pretty lame in terms of versatility. A decent upper body workout yes – if we have several twisters that get harder. But limited in variety.

So then we introduce static isometric holds at various angles. Power Twisters are excellent isometric training devices.

But there is still something missing from the equation. Movement under load is being under utilized.

The solution opens the Power Twister workout up to where it has true variety and challenge.

Take exercise one from the chart above. Position the power twister and bend it into position. Hold that bent position isometrically.

Normally thats all folks get out of it.

Now under tension while maintaining the bent position move the device toward your chest then outward again to full extension.

Much better yes?

So you can now do the simple bends for sets and reps, You can do isometric holds in various positions and you can do dynamic tension from various basic holds extending and contracting the arms – Excellent.

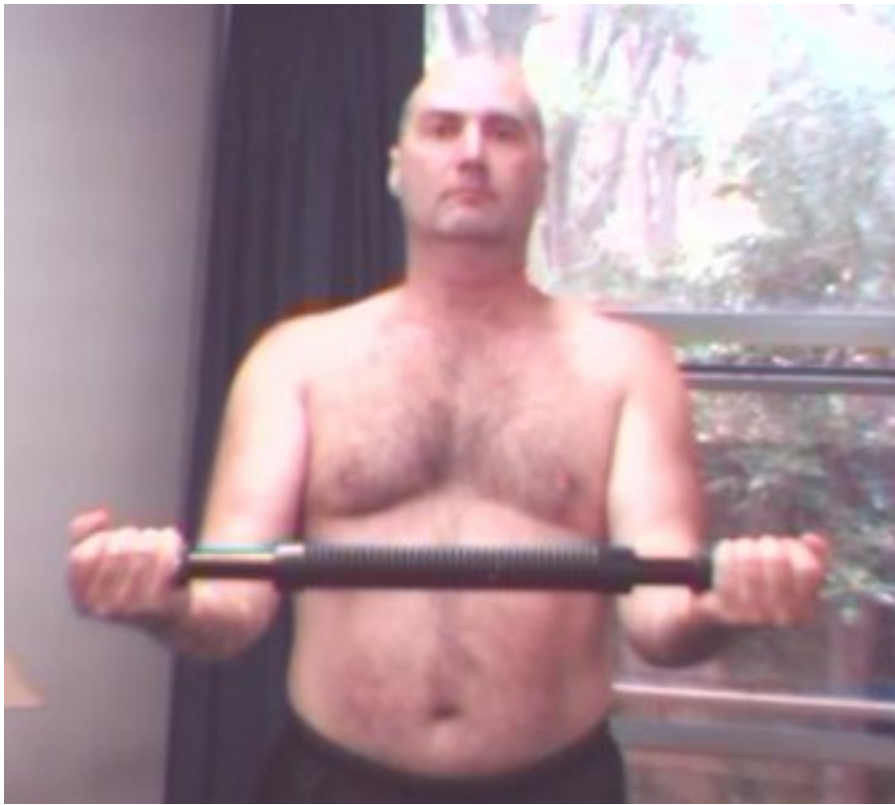
Now we can make it even harder.

Once you are bending with a tough Power Twister this is where the big payoff comes.

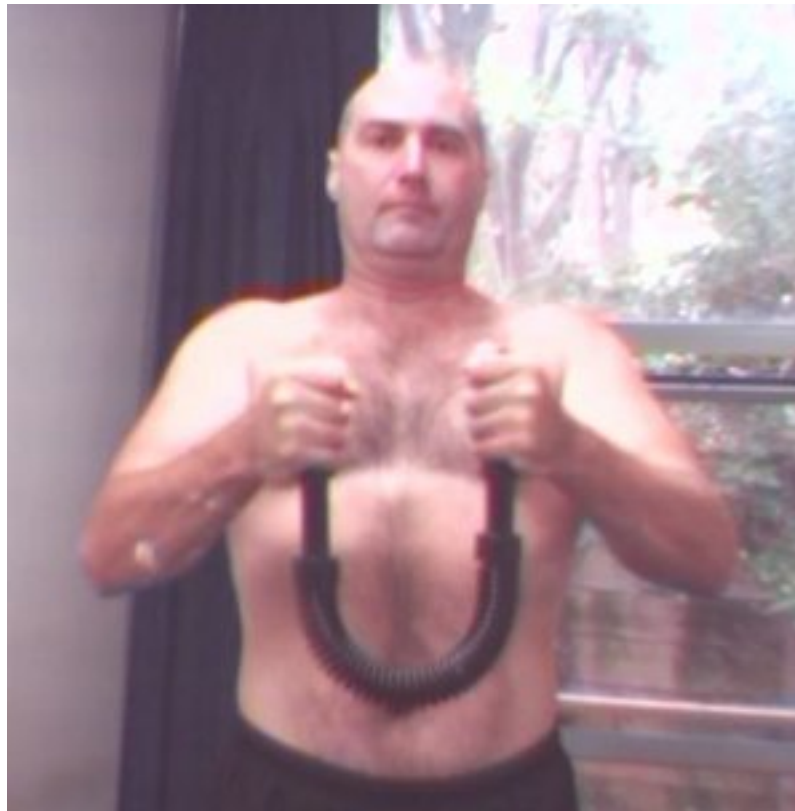
As you extend toward and away from the body – perform the bend. This is pretty difficult and requires muscle control.

Now you can get the most from a Power Twister workout.

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1. Starting Bend Position



2. Full Bend Position

Figures one and two give examples of simple bends that can be done for reps and sets.



3. Isometric Hold



1. Isometric Hold

Figures 3 and 4 are examples of isometric holds. You can of course have the bar in any position you like under static tension to perform an isometric hold.

The table 1 shows us the progression of bending the bar while moving it toward the body. This would be followed by unbending the bar as the arms extend. This is what I call “Dynamic Bending”.

With Static Bending or “Dynamic Tension” the arms are extended and contracted in the same way except the Power Twister is held in a static position as when doing an isometric hold.

The dynamic bends require stabilization and are more difficult than static bends,

The order of training should be as follows – mastering each kind of workout before moving on to the next.

Bending
Isometrics
Dynamic Tension
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Table 1. Dynamic Bending (Non-Isometric Muscle Control)



Table 2. Dynamic Tension (Isometric Hold with Movement)

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