

TARGETED MUSCLES





- Ventral and dorsal forearm muscles
- » Intrinsic muscles of the hand
- » Extrinsic muscles of the hand

(A) STAINLESS STEEL HANDLES

Ergonomically positioned to maximize your grip

(B) STEEL FOOTPLATE

Enables static contractions and forced negatives throughout a routine.

(C) 600 Ib WEIGHT CAPACITY

Challenge even the world's strongest grip.

CONSTRUCTION, HARDWARE & FINISH

- Constructed of ASTM specified steel
- Weight Horn Construction: Steel insert Urethane over-mold
- Baked-on powder coat finish
- Zinc plated hardware of Grade 5 or equivalent

WHAT MAKES THE POWER GRIP PRO UNIQUE?

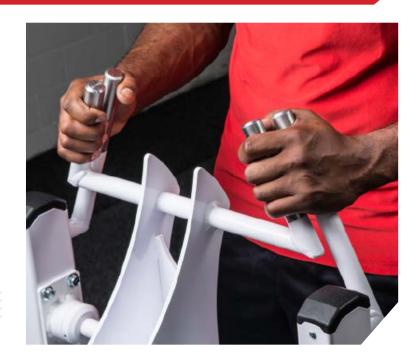
The limiting factor that affects most athletes is grip strength. Grip strength can be difficult to train. The Pendulum Power Grip Pro adds a new dimension to workouts and brings hand and forearm strength to a new magnitude.

The Power Grip Pro was specifically created to give the hand more closing strength, and more importantly increase the amount of time you can keep the hand closed in a power position.

An athlete has more force in his hands in a closed position than what he has in an open position due to mechanical leverage.

To train we have added a foot pedal. This allows the athlete to maximize hand power.

You can perform static holds, powerful eccentric contractions, force repetitions, train individual digits, as well as do traditional training on the Power Grip Pro.



EXERCISE FUNCTION



Begin by reaching out with hands open and curl fingers around stainless bars. While pulling with hands, simultaneously step on foot pedal bringing handles together. Keep fingers clear while closing.



Maintaining your foot on the pedal, wrap your hands around the handles, squeezing to keep them closed. Slowly remove your foot from the pedal which will transfer all of the weight into the hands.

FREQUENTLY ASKED QUESTIONS

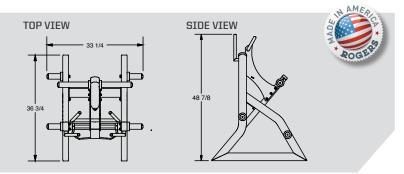
Is hand strength that important?

Hand strength is the limiting factor in most exercises, From rope climbing and powerlifting to combat and football, a strong grip will definitely give you an edge.

visit www.RogersAthletic.com

BLUEPRINT FOR VICTORY

From our revolutionary training equipment to our weight room design specialists, Rogers understands that champions are made long before the games begin. Rogers Athletic is committed to manufacturing strength training equipment that promotes proper technique and is designed with safety in mind. In addition to strength training equipment, we offer a full range of free weights, flooring, cardio machines and weight accessories to complete your weight room. Let Rogers create a blueprint for your victory. Get Strong!





GET STRONG at Rogers Athletic.com





Visit us at **www.RogersAthletic.com** for news, product features, in-depth information and video. Read our in depth Strength Blog and get the latest in strength training advice from expert strength coaches and trainers. See our gallery of installations from some of the top training facilities in high school, collegiate, and professional athletics. View new products as Rogers continues to innovate with coaches to bring the very best, the safest and most technically advanced training tools to your training. Get Strong!

ABOUT ROGERS

Since 1968, football coaches have trained youth, high school, college and professional champions by making Rogers Athletic football training sleds and dummies an important part of their practices. Drills on Rogers' equipment help coaches teach fundamentals, while protecting their athletes by limiting the amount of live contact. Rogers' innovative products give your players the confidence to practice with game-day aggressiveness.

Rogers understands that champions are made long before the games begin. Winning a championship on the field starts before the cleats hit the turf. It starts in the weight room.

When Rogers made the decision to enter the strength training market, our principles of innovation, quality, and skill development were our top priority. From our heavy-duty Pendulum power racks to our complete line of Pendulum plate loaded machines, you can train the entire body from building explosive leg strength, a strong core, an iron grip and neck training to help prevent injury and lower concussive forces in your athletes. You can see the difference. You can feel the difference. No wonder that most serious athletes, from professional football players to America's elite military forces train with Pendulum. Quality, Innovation and value from the trusted leader – Rogers Athletic.

Brute Rack System, Monster Arms, Monster Incline Arms, Monster Horizontal Arms, Monster Decline Arms, Jam Pad, Lock-n-Load Hook, Docking Synchro Bench, Pendulum, Rogers Athletic Company, the Rogers Athletic Company logo are trademarks of Rogers Athletic Company. *Various patents pending.