

HANGING HANDLES™

by *Bob AND Brad*



bobandbrad.com

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Hanging Handles were invented by Bob and Brad—the two most “famous” physical therapists on the internet (in their opinion, of course).

Use of the Hanging Handles can help decompress the thoracic and lumbar spine (mid- and low-back) as well as promote the health and range of motion of the shoulders. Passive and dynamic hanging exercises can also help improve grip strength, shoulder stability, core stability and posture.

Find videos on uses for the Hanging Handles at BobandBrad.com

Subscribe to the Bob & Brad YouTube channel for videos on how to stay healthy, fit and pain-free.

Bob Schrupp, PT, MA



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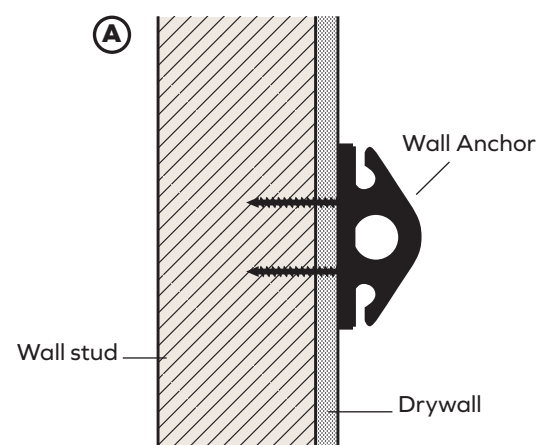


INSTALLATION

WARNING! TO USE THE HANGING HANDLES, THE INCLUDED WALL ANCHORS MUST BE FASTENED DIRECTLY TO A WALL STUD USING THE LAG SCREWS PROVIDED. NEVER USE DRYWALL ANCHORS OR TOGGLE BOLTS, AS THE WALL ANCHORS COULD COME LOOSE.

EQUIPMENT NEEDED

- Pencil
- Stud finder
- Drill with 1/8" bit
- 5/16" socket
- Wrench or construction-grade cordless drill to tighten



PROCEDURE

1. Locate a wall stud. If the stud is not exposed and is behind drywall, locate the stud with a stud finder and mark the location. Confirm the position by drilling a 1/8" hole through the drywall into the stud. Feel for continued resistance as the drill goes through the drywall into the wood of the stud.
2. Place the wall anchor at the desired height over the stud (Diagram A) and mark the locations of the screw holes on the wall. **See RECOMMENDED POSITIONING section to determine proper height/width.**
3. Drill two pilot holes to guide the lag screws.
4. Place the wall anchor flat against the wall and install the two lag screws using a 5/16" socket and wrench or drill to tighten. Tighten the lag screws until they are snug. Do not overtighten—you could strip the threads.
5. Attach handles to wall anchors with the included carabiner clips: Open a carabiner and slide the handle's metal clip onto the carabiner; it should rest in the thinner part of the carabiner. Then, open the carabiner as far as it goes and hook it on the center hole of the wall anchor. Ensure the carabiner arm closes fully.
6. Test by pulling aggressively on each handle, while keeping both feet on the ground.

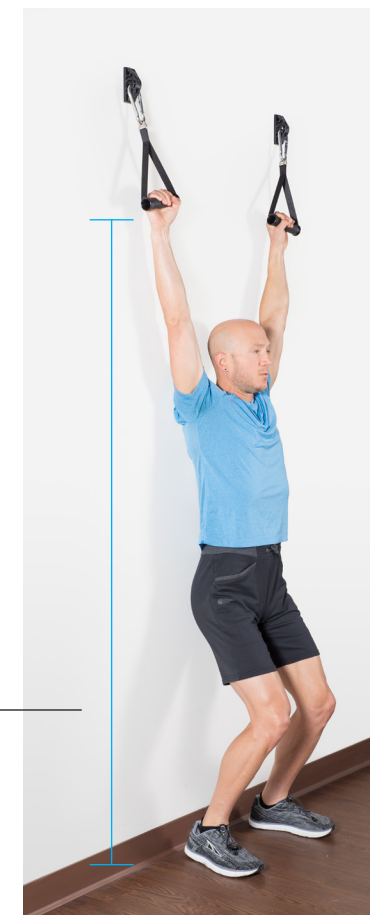
RECOMMENDED POSITIONING

Distance between anchors is usually 16", 24" or 32" on center. It's determined by the location of your studs and personal preference. Studs are most commonly spaced 16" or 24" apart, on center.



Handles are approximately 12" below the bottom of the wall anchors.

Install the Hanging Handles at a height that allows your feet to comfortably touch the ground while hanging. Taller people may need to bend their knees significantly—this is perfectly acceptable.



IMPORTANT SAFETY INFORMATION

⚠️ READ AND FOLLOW ALL INSTRUCTIONS AND WARNINGS

NOT RECOMMENDED FOR USERS OVER 275 LBS.

Hanging Handles are designed to support a maximum weight of 275 lbs. each.

WARNING! The included WALL ANCHORS MUST BE FASTENED DIRECTLY TO THE CENTER OF A WALL STUD using the lag screws provided. Never use drywall anchors or toggle bolts, as the wall anchors could come loose.

WARNING! These exercises are NOT RECOMMENDED for people whose shoulder or shoulders are prone to dislocation. No pain should be felt while hanging—just strain.

USE FINGERS AND THUMBS to grasp the handles during all exercises.

WARNING! BEFORE USING THE HANGING HANDLES check to make sure the right-side handle is secure by pulling on the handle aggressively, with both feet on the ground. Then check the left-side handle in the same manner. If secure, place your back to the wall and grasp both handles, with feet touching the ground. Test that the handles will hold your weight by slowly allowing the full weight of your body to sink toward the floor with both feet still touching the ground.

CONSULT YOUR PHYSICIAN before beginning any exercise program. As with any exercise program, muscle soreness may be experienced over the first few days. If your pain is severe or persists for more than three or four days, consult your physician or therapist. Do not exercise while experiencing pain.

CONDITIONS OF SALE, WARRANTY, LIMITATIONS

FamousPT, LLC, warrants that this product is free from manufacturing defects, is fit for the ordinary purposes for which such goods are used, and conforms to the descriptions stated herein or on the product labels or containers. Results should be obtained if this product is used according to directions and recommendations of healthcare professional. Unintended consequences may result because of such factors as improper use or placement of the product or use without consultation with a healthcare professional, all of which are beyond the control of FamousPT, LLC, or the seller. Inasmuch as FamousPT, LLC, has no control over the manner in which others may use this product, it does not guarantee the results to be obtained. All such risks shall be assumed by the buyer.

HOW TO USE

HANGING HANDLES™

by **Bob AND Brad**

Passive hanging is a simple, fast exercise one can do on a daily basis (even multiple times a day) that has many potential benefits, including decompression of the mid- and low-back and promotion of shoulder health. Hanging may also help treat some common shoulder pain, especially pain caused by shoulder impingement—see the Bob & Brad YouTube channel for videos on hanging for shoulder pain.

NOTE: Always use fingers and thumbs when grasping the Hanging Handles.

Bob AND Brad

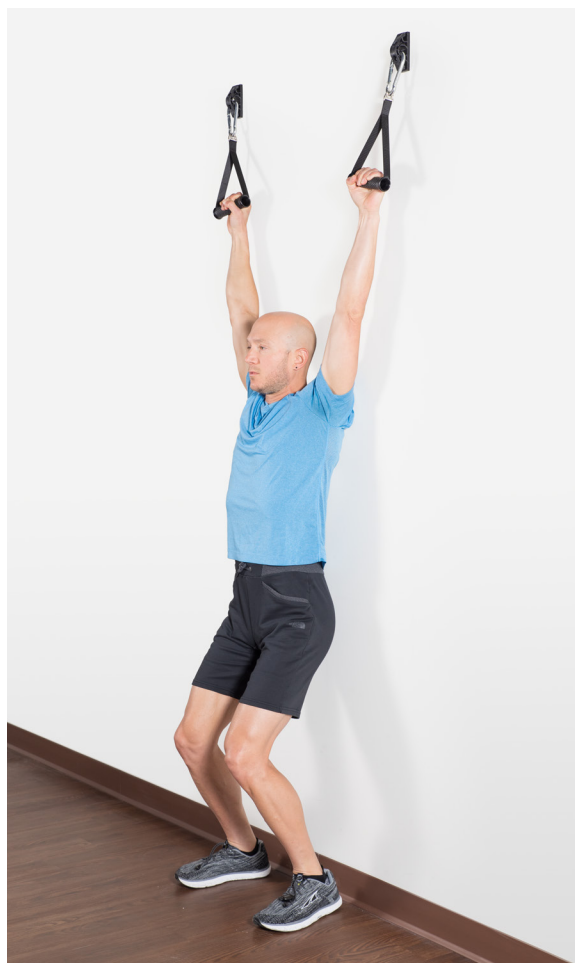
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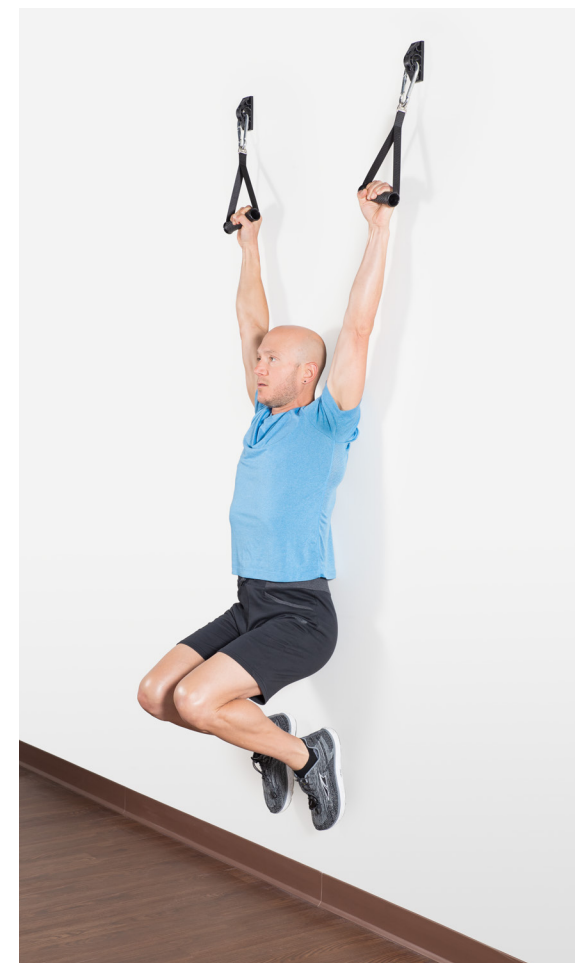
PASSIVE HANG (SUPPORTED)

1. Place your back against the wall and grasp the Hanging Handles with palms facing out.
2. Slowly, bend your knees and allow the weight of your body to sink toward the ground, using your feet to control how much weight is supported.
3. Allow your shoulder and back muscles to relax.
4. Maintain a neutral spine position—the wall will naturally help guide your alignment.
5. Hang for 10 seconds to 1 minute (as allowed by your grip or tolerance).
6. Repeat as necessary.



PASSIVE HANG (UNSUPPORTED)

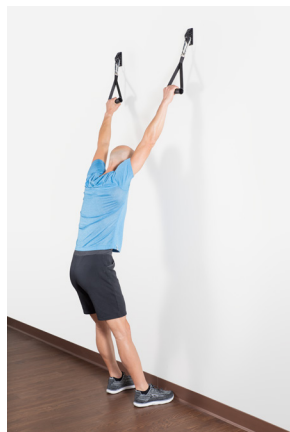
1. Place your back against the wall and grasp the Hanging Handles with palms facing out.
2. Slowly, bend your knees and allow the weight of your body to sink toward the ground, and then lift your feet fully off the ground.
3. Allow your shoulder and back muscles to relax.
4. Maintain a neutral spine position—the wall will naturally help guide your alignment.
5. Hang for 10 seconds to 1 minute (as allowed by your grip or tolerance).
6. Repeat as necessary.



ADDITIONAL EXERCISES

SPINAL DECOMPRESSION (FULL BACK STRETCH)

1. Face toward wall and grasp Hanging Handles with palms toward wall and feet against base of the wall.
2. Lean back, keeping your spine straight.
3. Allow spine to relax and stretch.



HANGING MARCH (CORE STRENGTHENING)

1. Place back against wall and grasp Hanging Handles with palms out.
2. Lift both feet off the ground and bring one bent knee to waist level.
3. Alternate lifting knees to waist level, as if marching.



HANGING TWIST (MID- AND LOW-BACK STRETCH)

1. Place back against wall and grasp Hanging Handles with palms out.
2. Hang with feet touching floor and knees slightly bent.
3. Rotate knees side to side to achieve a slight twisting motion to lumbar and thoracic spine.



SWING HANG (SHOULDER STRETCH AND GRIP STRENGTHENING)

1. Place back against wall and grasp Hanging Handles with palms out and feet touching the ground.
2. Use your feet to sway your body side to side.



DOUBLE LEG LIFTS (CORE STRENGTHENING)

1. Place back against wall and grasp Hanging Handles with palms out.
2. Extend both legs to the front with heels just above the ground.
3. Lift both legs to roughly waist level, and then return to start.



HANGING PULL-UPS WITH FOAM ROLLER (BACK, SHOULDER AND ARM STRENGTHENING)

1. Face the wall and grasp hanging handles with palms toward wall.
2. Place a foam roller at roughly waist level between you and the wall.
3. Lift feet off ground and pull your body up and down the wall.



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