



4  **STRONG** **ARM**
CATALOGUE

3x 2018 AMA CHAMPIONSHIPS!



2018
450 AMA SX
CHAMPIONSHIP
JASON ANDERSON



2018
250 EAST AMA
SX CHAMPIONSHIP
ZACH OSBORNE



2018
250 WEST AMA
SX CHAMPIONSHIP
AARON PLESSINGER

CHAMPIONSHIP WINNING PRODUCT!



2016
450 AMA MX
CHAMPIONSHIP



2016
450 AMA SX
CHAMPIONSHIP



2017
250 AMA MX
CHAMPIONSHIP



2017
450 AMA SX
CHAMPIONSHIP



2017
250 EAST AMA
SX CHAMPIONSHIP



2017
250 WEST AMA
SX CHAMPIONSHIP



INTRODUCTION

4 Arm Strong is a self-therapy device that creates traction on the forearm muscles toward the elbow while stretching in the opposite direction. This type of assisted stretch can expand the fascia and lengthen the forearm flexor muscles in the anterior and posterior compartments of the forearm, as well as create a stretch in front of the elbow that otherwise couldn't be achieved. Anterior describes the inside or bottom of the forearm and posterior describes the top of the forearm. Expanding the fascia and stretching the forearm flexor and extensor group muscles can create more space in the forearm compartment, which allows blood to flow into the muscles with less constriction. Less constriction translates into less arm pump. It also results in a freer, less restrictive movement which almost always results in greater grip strength and freedom of movement in the hands and wrists.

Effectively lengthening the muscles in front of the elbow can result in a reduction of pain from lateral and medial elbow tendonitis (tennis and golfer's elbow.)

Stretching with the 4Arm Strong can also relieve pain from and prevent Carpal Tunnel symptoms.



INSPIRED BY AN ACTIVE RELEASE TECHNIQUES (ART®) THERAPIST

An ART® therapist uses both thumbs to create tension on the forearm muscles, then pushes them in the opposite direction while the client stretches. This aided stretch creates more space in the forearm which has been proven to reduce arm pump. ART® is also proven to relieve elbow tendonitis pain, Carpal Tunnel symptoms and prevent forearm and elbow injuries.

4ARM STRONG WAS DESIGNED TO ALLOW YOU TO SELF-APPLY TECHNIQUES SIMILAR TO ACTIVE RELEASE TECHNIQUES AT HOME, THE GYM, TRACK OR THE BASE OF THE MOUNTAIN.

ONGOING ART® THERAPY IS NECESSARY TO MAINTAIN RESULTS. FOR LESS THAN THE COST OF 3 ART® THERAPY SESSIONS YOU CAN SELF-APPLY THIS TECHNIQUE ANYTIME WITH THE 4ARM STRONG.



PERFORMANCE

STRENGTH

RECOVERY

2 SIZES

S - M

7104526

L - XL

7104527

RRP \$179.95

- ✓ PREVENT ARM PUMP
- ✓ INCREASE GRIP STRENGTH
- ✓ RELIEVE ELBOW PAIN
- ✓ HELP PREVENT ELBOW INJURIES
- ✓ IMPROVE OVERALL FOREARM FUNCTION
- ✓ RELIEVE CARPAL TUNNEL SYMPTOMS



MADE TOUGH

Made from tough, yet optically transparent injection molded thermoplastic polymers



6061 ALUMINIUM

Lightweight 6061 aluminum used throughout the medical industry

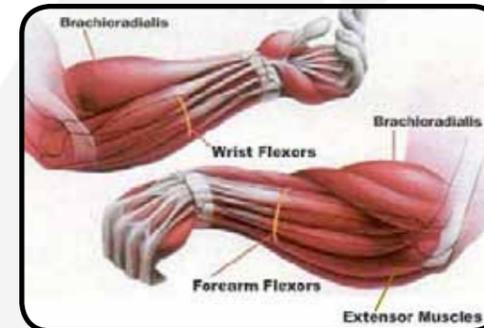


EASY FASTENING

Attaches to the forearm with a quick Velcro fastening system

ABOUT ARM PUMP

Arm pump is simply muscle pump in your forearms. Too much blood in a confined area. Because very few people draw the parallel, and because it is typically associated with declining performance, for decades people have tried just about everything to find relief. Muscle pump is the cause of the same tightness we feel after we workout in the gym. This excess blood is actually required for the muscles to perform optimally and totally necessary for power, strength and endurance. You just need to create more space in the forearms for the excess blood to be contained. The 4Arm Strong was designed to pin the forearm muscles in their shortest position and push them in the opposite direction of the forearm stretch. The key in this aided stretch is the consistent pressure and stationary position of the part that contacts the body. Aided stretch is what expands the fascia, which is the lining of the forearm compartment, creating more space for the excess blood to be contained.



The energy required to perform these tasks attracts blood to the muscles in these compartments. When these muscles fill with blood, the fascia surrounding the muscles can restrict the temporary growth, causing a weaker grip.



When we use energy to exercise and move something in a repetitive motion, the muscles that are required to complete the movement will attract blood. That is why our legs feel bigger after we go on a run or a bike ride, or why our chest gets larger from doing bench press.



MEASUREMENT



WEIGHT:

295 grams

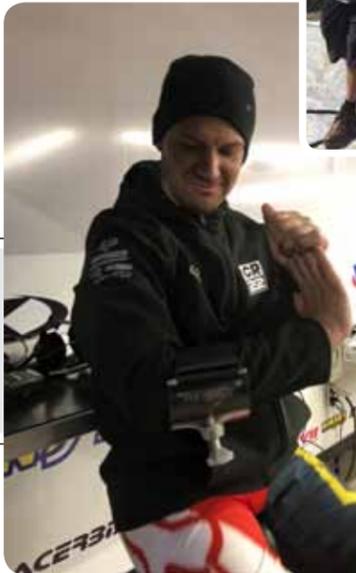
DIMENSIONS:

8 x 10 x 8 cm

SELECT YOUR ARM MEASUREMENT:

S - M - 13 inches & under (28-33cm)

L - XL - 13 inches & over (33cm)



OUR RIDERS

MOTO:

Marvin Musquin
 Jason Anderson
 Zach Osborne
 Ryan Dungey
 Chad Reed
 Blake Baggett
 Arnaus Tonus
 Kevin Strijbos
 Justin Barcia
 Aaron Plessinger
 Shane McElrath
 Alex Martin
 Broc Tickle
 Weston Peick
 Jordon Smith
 Cody Cooper
 Rhys Carter
 Mitchell Harrison
 Robbie Maddison
 Colt Nichols
 Dylan Ferandis
 Kyle Cunningham
 Tyler Bowers
 Jace Owen
 Matt Goerke
 Matt Biscelgia
 Alex Ray
 Mike Brown

ENDURO:

Steward Baylor
 Ryan Sipes

ROAD RACING:

Jonathan Rea
 Chaz Davies
 Alex Lowes
 Alex Marquez
 Marc Marquez
 Jorge Lorenzo

FLAT TRACK:

Jared Mees
 Sammy Halbert

TESTIMONIALS



4ARM STRONG IS THE FIRST THING MY RIDERS USE BEFORE THEY RIDE



4Arm Strong is a cutting-edge tool for more than one reason. Reducing arm pump speaks for itself, increasing grip strength without resistance training is monumental! 4Arm Strong is also essential for people that have had wrist injuries that resulted in limited range of motion. 4Arm Strong will help people with this condition regain their grip strength. 4Arm Strong is the first thing my riders use before they throw their leg over their bike.

Aldon Baker, Champion Motocross Trainer



THANK YOU 4ARM STRONG!



Big thanks to the crew at 4Arm Strong for taking care of me and helping me get the job done!

Ryan Dungey, AMA SX champion, AMA National MX Champion. Team KTM USA



I USE THIS THING EVERY DAY!



No BS, I use the 4Arm Strong to get loosened up every day!

Jason Anderson #21, AMA SX champion. Team Rockstar Husqvarna



MY GRIP STRENGTH HAS INCREASED 30%!



I broke my wrist a few years ago and had surgery. Since then my range of motion has been very limited, which caused me to lose a lot of my grip strength. I race motocross and it has really effected how I control my dirt bike. Since using the 4Arm Strong a few times, my grip strength has increased 30%!

Matt Goerke, 2 Time MX1 Canadian National Motocross Champion



I CAN FEEL THE STRENGTH COMING BACK, AND THE NUMBNESS SUBSIDING



Using my 4Arm Strong before riding. This device has been a real help, especially on my right forearm. I broke my right wrist, and have had issues with arm pump for years now. But I can feel the strength coming back, and the numbness subsiding.

Grant Langston, Multi time world and National US motocross champion



NO GIMMICK HERE FOLKS!



I am not a fan of gimmicks. 4Arm Strong works awesome! Using the 4Arm Strong completely healed my tennis elbow and increased my grip strength! No gimmick here folks....Get one!

Ricky Johnson, 6 Time Supercross and National Motocross Champion



FREECALL : 1300 300 191
FREEFAX : 1300 300 181

or visit

www.mcleodaccessories.com.au