MODULE 4: THE ELBOW FIX

"Eliminate grip fatigue, fix 'lifter's elbow', and restore pain-free pressing"

Who needs this:

- Lifters whose elbows ache during pull-ups, bench press, or barbell work.
- Anyone who feels their forearms are tight, "pumped," or rock-solid after a workout.
- People with nagging tendon pain on the inside (Golfer's) or outside (Tennis) of the elbow.

Elbow Fix Routine Video

The 3-Step Routine:

1. The Flexor Roll (The "Grip Saver"):

- **Target:** The soft underside of the forearm (Flexors) that controls your grip strength.
- **How:** Place the ball on a table or bench. With your palm facing **UP**, press your forearm into the ball. Roll firmly from the wrist all the way up to the elbow ditch.

2. The Extensor Smash (The "Door Handle"):

- **Target:** The thick muscle belly on the top of the forearmhat gets overworked from typing or gripping.
- **How:** Flip your arm over (palm **DOWN**). Lean your body weight into the ball on the top of the forearm.
- **The Secret Sauce:** Once you pin a tight spot, **rotate your wrist side-to-side** like you are turning a door handle. This rotation shears the stiff tissue apart.

3. The Gorilla Stretch:

- **Target:** Decompressing the wrist and stretching the top of the forearm.
- **How:** Place the *backs* of your hands on a surface, fingers pointing toward your body. Keep your elbows locked out straight. Gently lean your weight backward until you feel a deep stretch.

Hat's Pro Tip: "When working the top of the arm, rolling isn't enough. You have to **turn the door handle.** That rotation is what breaks down the 'rusty' tissue that causes elbow pain."

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