

Shoulder Tube Product Information

Congratulations on your purchase of the Shoulder Tube! You have taken a serious step towards a stronger, healthier arm. This information sheet is provided to help ensure that you are using your Shoulder Tube in the most beneficial and safe method for yourself and the product.

The Shoulder Tube is to be used as a warm up and/or cool down device. The goal is to methodically take the arm through the full range of motion while moving the Shoulder Tube with your shoulder in order to get the blood pumping throughout the shoulder complex. It is not designed to measure the amount of flex an athlete can generate into the product, nor should maximum flex of the Shoulder Tube be the goal. To use an analogy, the appropriate use of the Shoulder Tube would be like taking your arm for a walk, not an all-out sprint.

To maximize the benefit of the product, the person using the Shoulder Tube should place their free hand behind their head so that the scapula is engaged. Pushing the shoulder and scapula back into place will help the Shoulder Tube target the shoulder complex and provide a more intense workout to the appropriate area.

The best way to use the Shoulder Tube is to perform up and down, and side to side movement patterns that are initiated by the shoulder. The basic exercises are those designed to move across the front of the body. Anytime you begin to move the product out and in or in a push-pull motion the larger arm muscles do the work. While this causes the Shoulder Tube to flex more, it does not work the shoulder as much which is the primary purpose of the product. Be alert when performing any out and in or push-pull movements as there is a greater chance that one of the weighted ends of the product could make contact with the body.

If the Shoulder Tube becomes hot during long continuous use, let it sit in order to allow some of the generated heat to dissipate. Allowing it to cool down will prolong the life of the product.

Lastly, the Shoulder Tube is made out of thermos-plastic and no 'shape memory'. The best way to store the product between uses is in its shipping container or lying on the floor or some other flat surface. If you stand the product on its end, it will begin to bow as gravity affects it. If this occurs, simply take the Shoulder Tube and bend it in the opposite way of the bow until the product once again has the ideal shape to it. Losing its original shape has no effect on the performance of the product.

Cleaning Instructions: Clean using only water with mild detergents suitable for skin contact. Do not use alcohol or bleach-based cleaners/disinfectants as it may harm the foam hand grip.

Don't forget to check out the videos on oatesspecialties.com of Trevor Bauer going through his routine with the Shoulder Tube. We hope you see a positive impact and enjoy this fantastic product.

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