

Additional 2018 Finch Windmill (FW) updates

Questions call asap 714-523-5659

Highlights

To mount FW on a wall you need to hit a 2" x 4" stud in the wall. When mounting on a round surface, use 3-stainless steel hose clamps when wall mount is not chosen. Place the three square washers evenly spaced between the FW track & the round surface. FW "[" round surface.

Using the 3 square washers (provided when purchased new) slide these washers inside of track, anchored with 3 lag bolts. You provide... ¼ inch diameter, by what ever length you decide you need to get thru the square washer, track & wall coverings, into a wooden stud.

Most average height families choose to mount FW track approximately 34" above floor covering to the bottom of track. The key here is the "black tension knob" is to be between "chest-high to arm-pit high". Better to be a little bit low than high when using. The idea is for all members of the family being able to use FW. Allowing 6 year old using FW at a lower height setting and allowing a higher (taller) setting for the tallest member in family. So adjust the FW track mounting height according to your family.



Using clock numbers as when to rotate the ball in the rotation from behind the user...they start hips & shoulders facing the FW closed. (The user's belly-button is towards the wall.) Next rotate open (The user's belly-button rotates towards the throwing target.)

"Over-hand right" rotate the ball (no thumb) at # 5-4..."Under-hand right" rotate ball (no thumb) at # 10-11.

Use the opposite #'s for the left side...over & under.

Two handed clock-wise (to the right)...rotate ball clock-wise (you may now use all ten fingers & thumb) rotate starting at the right knee & be finished rotating when reaching the left knee. (Start rotating at the #4 finishing at #8.) You DO bend at the waist & the knees making the largest ball circle possible. Also make the largest circle you can with your head as possible.

Two-handed is **contrary** to ORANGE instruction sheet.

Two handed counter clock-wise...reverse the above (clock-wise).

The magic number is 5!

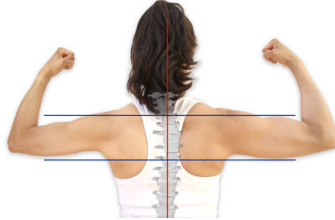
The recommended daily work-out is...Once a day, 5 days a week.

The user **must** use the FW... Once a day, 5 days a week.

NOT 1,2,3,4 (not enough) or 6, 7 (too much)!

So, in order to reach **maximum** results while attempting to keep a more equal muscle balance on **both** sides of their body.

The user is recruiting their dominate side muscles daily 24-7.



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The recommended daily work-out is...Once a day, 5 days a week.

There are 6 FW exercises- over-hand & under-hand both right & left (4) then 2-handed clock-wise & counter clock wise (2).

Using your over-hand dominate side. Set the resistance so that at the end of 20 revolutions using correct mechanics opening & closing...staying tall. The user should be exhausted with out losing correct mechanics. No bending at the waist staying tall. Then in the other 5 directions rotate till exhausted w/o losing good mechanics.

Normal work-out example of a **right handed** user,
The number of revolutions when **first** using FW.

Setting the resistance so that at the end of 20 revolutions using correct mechanics opening & closing...staying tall. **Right-handed**

- 1- Overhand-right...20 revolutions
- 2- Overhand-left ...28 revolutions
- 3- Underhand right ..14 revolutions
- 4- Underhand-left....10 revolutions

5- 2 handed clock-wise ...20 revolutions

Starting at the #3 on the clock, bending at the knees & waist, creating the largest circle possible with the FW ball and your head. In other words... starting as far to the right (#3) as you can go, then as low as you can go (#6), then as far as you can to the left (#9) and then over your head as high as you can go (#12).

This requires the user to bend at the waist and the knees, and then to stand tall each revolution.

6- 2 handed counter clock wise,,,20 revolutions. Opposite of 5-

After a few weeks of correctly using the FW...more equal muscle balance is achieved & the revolutions will end up being 20 in all 6 directions.

*Users age 6-10 with low strength...can lower the revolutions appropriately. Better to have a little resistance with fewer revolutions with good mechanics than to have FW free wheeling to achieve 20 revolutions.

Why is it that a right-handed user can do more revolutions left-handed than their strong right side?

Because!

When you try to create torque using your dominate side you are going against your opposite or weak side. When you try to create torque using your weak side you are going against your opposite or strong dominate side.

Example: Ever try to take a lid off of a new jar of jelly? Couldn't get it off with your strong side but after trying a couple of times you switch to your weak side and you get it off. Why? Did you loosen the lid with your strong arm or did you create more resistance by using your weak hand against your strong side? This happens to many women and especially grandmas in the kitchen.

Strengthen your athlete on the opposite side & they automatically become faster, quicker more coordinated & safer!

For many more examples please see...
<http://finchwindmill.com/musclebalance.html>

Questions...Call ASAP 866-258-2727