

Fitness Gear Review:

SideWinder Pro XTREME

A New “Twist” to Exercise or Strengthen Hands, Grips, Forearms, and Wrists from www.sportgrips.com

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December, 2010



Summary:

- You can adjust the resistance instantly with built-in tension gauge and simple knob turn
- SideWinder Pro XTREME grows with you...increase or decrease intensity as you train
- Amazing versatility...use vertical grip, horizontal grip, reverse grip, & screwdriver grip
- Made in U.S.A., portable, use it anywhere, machined aluminum and steel, and FUN!



Come On Folks—Get A Grip

I've spoken several times at length to Chris Nieman, CEO of Nieman Enterprises, Inc. about his new brilliant exercise invention sold under the “SideWinder” name and available directly from their website at www.sportgrips.com

Chris is one of those rare entrepreneurs with true hands-on skills as a master machinist, developing and refining his beautifully fabricated SideWinder exercisers to his own exacting standards. Chris explained to me there are 3 models of SideWinders sold at sportgrips.com, with the SideWinder Pro XTREME that just arrived at my door last week being the “Big Daddy” of them all. If you’re not as hardcore as Mr. Bicep, no worries as you can always go with either the “SideWinder Sportster” model or the “SideWinder Pro” model (for you mere mortals). For this review we’ll be taking an in-depth look at my new favorite exercise gadget...The SideWinder Pro XTREME!



First take a look at the table below so you can get a glance at how the 3 models compare:

Model	Weight	Length	Diameter	Handle Length	Online Price
Sportster	1.5 lbs.	12"	1.5"	4.5"	See website for latest pricing
Pro	2.25 lbs	14"	1.5"	5"	See website for latest pricing
Pro Xtreme	4.3 lbs	15.75"	2"	6"	See website for latest pricing

There is a reason it’s called the SideWinder Pro XTREME...notice it’s almost double the weight of the Pro model, and the grip is a full 2 inches in diameter. But what the specs don’t tell you is just how insanely difficult this baby is to twist when you adjust the calibrated tension knob close to the RED lines...yeehaw I could hardly move it a centimeter. Thank goodness you can turn the tension knob down to easy, and then gradually work up to the harder levels. You’ll notice the 6” black neoprene handles are the perfect material as your hands will conform perfectly to the round shape of the Pro XTREME.

WARNING: If you’re a work-out junkie like me, the second your Pro XTREME arrives at your door you may start cranking on it like a mad man (like I did). Well, I gave myself a blister in 10 minutes flat—so just a tip, you may want to put on some gloves as a precaution!

Just to give you an idea how hardcore the Pro XTREME model is, Chris told me the tension spring spec is 380lbs. and the roller bearings can support 2,000 pounds! Which brings me to another tip: it would be wise to turn the resistance knob back to neutral (the lowest setting) after you’re done using the Pro XTREME at the end of the day to preserve the nice tight tension of the device and spring.



I can't say enough great things about the SideWinder Pro XTREME—I keep mine in my gym bag as part of my arsenal of awesome and essential workout gear. Whether you're looking to build on improved hand, grip, wrist, or forearm strength for just about any activity or sport, any SideWinder you choose will help you achieve results you'll be delighted with. If your desire is to have great looking forearms such as Mr. Bicep and you want the best of the best, you will fall in love with the SideWinder Pro XTREME. Just look at my forearms in these pictures below after using the Pro XTREME. I love using my Pro XTREME before and after my upper body workouts 5 times a week and love the stares people give me in the gym...then I tell them "try it out, you'll love it too!"



For more information about any model of SideWinder, including the Pro XTREME or Nieman Enterprises, Inc., be sure to visit their web site at: www.sportgrips.com

Bruce Pechman, The Muscleman of Technology (Muscleman of Technology, LLC[®]), is a Consumer Technology and Fitness Expert appearing regularly on "Good Morning San Diego" (KUSI-TV) and the KTLA Morning Show in Hollywood. Bruce's moniker reflects his 20 years of industry technology expertise, and 30 years of fitness training. He has made over 200 live TV appearances on major network television. Visit him at www.mrbicep.com