

Kettlebell Hand Care Tools & Tips

(Ron Jones, MS, ACSM Health Fitness Specialist, Corporate Wellcoach)



Comrades! If you buy the hand-care tools below and follow my simple directions, you'll more than likely NOT shred your hands open during normal training. I have reviewed a number of tools and hand-care items on my website—but only the BEST ones are here on my handout. **With a few simple tools used just minutes per week, most if not all of your KB hand issues should be resolved!**

	<p>I've tried a lot of skin "graters", files, shavers, etc., and to be honest, none of them worked that well for hand calluses because they are designed for feet. The PedEgg is NOT one of them because it works great on hand calluses to knock off the high spots that can take too much grinding with a pumice stone. I use my PedEgg about once a week to round off peaks that have built up on my calluses. It's really gentle. I had to open it up to make sure it was even working—sure enough, there were skin shavings inside. It's got a sand paper base underneath too which is pretty good for finish work.</p>
	<p>A good tool if your calluses have become too thick. After the excess is removed the first few days with the pumice stone, the flexible sandpaper and PedEgg should suffice. Initially, I only spent about 30-60 seconds following every shower buffing off the high spots of my calluses. Within a few days, my hands were like new! There are a couple of different types of skin pumice stones. The one pictured works MUCH better because of the large coarse openings. The other one I have works poorly because the holes are too small—even when grinding the heck out of my hands, the less porous stone hardly works. Look for one like pictured--it works better in less time. I got this one at Target.</p>
	<p><i>One of my BEST hand care finds!</i> It gets into the small contours of the hand webbing. The "flat" sanders cannot get between the fingers effectively. The #180 grit is medium course and just about right...great for finishing after getting the major work done with a PedEgg & Pumice Stone. Find Sandblasters in the paint section of Lowe's or other hardware stores.</p>
	<p>I thought the hand lotion thing was "metro sexual" as Pavel would say, but this stuff is worth its weight in gold! It's oil free, not messy, and quickly dries. It will build your skin while leaving it soft. I apply in morning after shower and in evenings too--plus sometimes throughout the day. You can often find it at local supermarket and drug stores...probably on the bottom shelf. It looks nasty, but it has almost no scent at all and is easy to use.</p>

Others: For full reviews on following plus above, see weblink below: Bacitracin, Callus File, Callus Shaver, Corn Huskers Lotion, Emery Board, Exfoliating Stone File, Gloves, Hibiclens, Lotion, Nail Files (Large & Small), PedEgg, Pumice Stone, Sandblaster Flexible Sanding Pad, Smoothing Block, and Tape.

• www.ronjones.org/Coach&Train/BodyXerciseLibrary/Kettlebells/HandCare.htm

* Ron Jones (7.18.09)

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