

## INDIAN CLUBS

This Indian Club is designed for high performance, pleasing appearance and easy maintenance. The most portable and affordable upper body exercise equipment one can own.

### Features:

- The traditional "ball" end on the 'handle', employed by most Indian Club designs has been replaced with an ergonomically designed slope to dramatically reduce 'sore palm pad' syndrome when exercising for longer time periods.
- The gripping portion of the handle is also a curved slope (rather than a 'dowel' shape), designed to fit a wide range of hand sizes comfortably.
- To reduce wrist fatigue, weight is not concentrated at the end of the club.
- Base of the club is a slightly dished flat which allows it to firmly stand on any level surface.
- The veneer spacers in between the Maple layers add colour, accent curves and a 'frame' for the outside Maple layers.
- Finish is a penetrating, cured oil finish. This results in a surface that, unlike varnish type finishes, does not 'stick' to skin, reducing the development of blisters during extended exercise sessions.
- Wood surface is 'micro-textured', anti-slip and comfortable feel.
- Surface finish does not support bacterial growth.
- All materials used are sourced with care and responsibility. Wood is from thinning of sustainable forests or storm damaged trees, glue is non toxic and finishing oil is food safe.
- I work with the materials in the 'raw' state so have a direct interest in safety. Anyone who purchases my work deserves the same consideration.

### Wood: Sugar Maple (*Acer Saccharum*)

Source: East central Ontario. Trees are harvested from forest thinning which removes trees that are less suited for long or large dimension lumber to allow taller and/or straighter trees more space to grow. Logs with 'character' (colour streaks, unusual grain etc) are first choice to ensure each club has it's own 'character'.

Paper Birch (*Betula papyrifera*) veneer (coloured with a water based synthetic dye) is used for the coloured bands.

### Finish;

Polymerized Tung oil (a.k.a. China wood oil). Type used is food grade (safe for direct contact with food).

### Additional:

A display of 11lb clubs won a 2nd place woodturning prize at the 2011 Ontario Wood Carvers competition. Judges comments for functional design, workmanship and pleasing appearance.



1.75 lb (0.793Kg)



1.0 lb (0.454Kg)