STARTING ARMWRESTLING THE RIGHT WAY

The big things to know before you start.

A free guide by Nils Davoine, president of Armwrestling Club Strassen and national referee.

1

WHO THIS GUIDE IS FOR

You have never armwrestled, or only at a bar. You want to start without getting hurt. This guide gives you the few things to know before your first Tuesday.

On a real table, with real rules, armwrestling is a sport. The table and the rules are there to protect your arm.

Your arms will be sore for the first few days. Everyone goes through it, even the pros.

Technique beats raw strength. A strong gym-goer often loses to someone smaller who knows the positions.

Your muscles adapt in days. Your tendons take months. Most of this guide comes back to that.

2

YOUR FIRST SESSION: 1 HOUR, NO MORE

One hour is already 30 minutes per arm. For a beginner, that is a lot.

Many beginners pull for 2 hours or more on day one. It is too much. Some leave so sore that they never come back.

On your first night:

- Pull with someone experienced. They hold the position and you choose how hard you push.
- Go slowly. No sudden starts, no jerks.
- Expect sore arms for a few days. That is normal.

3

YOUR FIRST 3 MONTHS: ONE ROUTINE

For your first 3 months, you follow a routine of precise exercises. Nils shows it to you at the club, with the rhythm that suits you.

It uses two tools:

- a judo belt, for dynamic work;
- a resistance band, to bring blood to your tendons.

Most people skip the blood-flow work. Don't. Light, easy reps help your tendons recover between sessions.

Keep the same routine for the whole 3 months. Changing programme every few weeks keeps you going in circles.

4

AT THE GYM: FEWER ARM DAYS

If you lift weights, train your arms less at the start. If you trained arms 3 times a week, go down to once a week for 8 weeks.

Your tendons need that time to adapt to armwrestling without injury. They recover far more slowly than your muscles.

The table comes first. The gym helps, it does not replace it.

If you leave a workout aching all over, it was too much. Doing less will move you forward faster.

5

DURING A SESSION: CHANGE POSITION OFTEN

Don't pull for long in the same position. Try many different things in one session. One hour of press only is far too hard on your tendons and joints.

- Pull against different partners: taller, shorter, stronger, lighter.
- You don't have to pin every time. When one of you clearly wins the position, ease off and start again.
- Rest between pulls.
- The stronger partner holds, the weaker one works. If it is too much, say so.

6

LISTEN TO YOUR WRIST, ELBOW AND SHOULDER

The wrist and the elbow are very sensitive. For some people, the shoulder too.

At the table:

- Keep your eyes on your hand, from the start to the end.
- Keep your arm in front of you. Never turn your back on your arm.
- Pull toward you with your whole body. Don't push to the side.
- When you are losing, go down with your hand to the pad, or stop. A lost pull costs nothing.
- Warm up before you pull.

Pain is a signal. If something still hurts, don't pull that day. If the pain stays, see a doctor or a physio.

7

YOUR FIRST COMPETITION: IN 1 YEAR

Wait 1 year before your first competition. 6 months at the very least. Three reasons:

1. You need experience in the club.
2. You need to have pulled against many different partners.
3. Your tendons need time to adapt in every direction the sport uses.

A tournament is much harder than training. Everyone pulls at full power from the “go”.

When the day comes, enter a beginner category, learn that event's rules, and go for the experience.

8

COME ON TUESDAY

The best way to start is to come to the club and get everything in person.

Nils, the club president and a national referee, follows every beginner himself. He shows you the techniques, the starting routine and the exercises.

Pulling with someone experienced is safer than pulling with another beginner.

FREE	Your first session is free. No need to tell us, just come.
WHEN	Tuesday, 7 PM.
WHERE	CNAM, 297 rue de Reckenthal, L-2410 Strassen. 2nd floor, on the right.
BRING	Sports clothes and clean indoor trainers.
LANGUAGES	French and English.
AGE	Adults from 18. From 14 with a parent's agreement.
HOLIDAYS	No training during Luxembourg school holidays and public holidays. The next date is on armwrestlingclubstrassen.com.

Between Tuesdays, Nils posts exercises on the club's Instagram and TikTok: @armwrestlingclubstrassen.