

Preventing Calluses

Thick calluses, while manly on guys, hurt!

Women don't think they are too attractive.

Ripped calluses suck and mean lost training time.

Any activity (such as exercise, gardening, etc) where you grab an object with your hands will cause the formation of calluses. Calluses protect your hands but if they build up too thick they can be a problem.

Tips for Avoiding Calluses:

- Build up the volume of swings, cleans and snatches slowly
- Wear a Tracy Rif-sock** (ask Brian for the article on how to make them)
- Unlike grind lifts like military presses, deadlifts and rows; swings, cleans and snatches call for a loose grip
- Hook the kettlebell with your fingers and allow the kettlebell to freely rotate without pulling on your skin
- If you ever feel a callus about to tear (a tingly feeling or a lot of pain while swinging, cleaning or snatching) stop! You can do 2-handed swings using the fingers to hook instead

Keep Your Calluses Thin:

- File your calluses down so they don't build up
- At the end of a hot shower or bath, use a coarse pumice stone (I got mine at King Soopers) and file down your calluses
- Don't completely remove them, they protect your skin, just get them very flat and smooth.
- Get rid of all the dry flaky stuff
- You should barely notice the callus but remember, leave a little for protection
- The thickened part that becomes 'caught' or pinched during snatches or other KB work is what you should file off.
- You can also use a special callus shaver with a razor to remove the callus
- You can also try using an emery board to file down a dry callus
- Apply lotion before bed to condition your hands (I feel silly giving skin care advice!)

Train hard but be smart! Brian