
The Stanford Secret

**How making your hands cold in between your sets can
dramatically boost muscle and shed fat**

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Thanks for requesting this report. Let's dive right into it:

First, watch this video right here. It's a quick interview with the Stanford Scientists who created the “cooling hand” technology and how according to their tests, this technology actually beats out anabolic steroids in head-to-head tests.

[Here is the video](#)

(watch it and then come back to this report.)

After watching that short video, you're probably interested right?

You want to at least try this out for yourself. Well, here's the problem. The specialized cooling gloves discussed in the video cost **around \$3,000 bucks. Ouch.**

Luckily, there are a couple ways to replicate this experiment without pissing away multiple mortgage payments...

OPTION A: Build your own Cooling Hand Device

For about \$150 bucks and a few hours of your time, you can build your own Cooling Hand Device with parts from your local Home Depot.



Pretty, ain't she?

[This website](#) gives you step by step instructions on how to build your "Do It Yourself" cooling glove.

Of course, the DIY option is probably only going to be an option for those people that train at home. If you typically train at a commercial gym, you are probably not going to want to lug around a contraption that looks like a robot arm/swedish penis enlarger.

OPTION B: Rinse your hands with cold water between sets

This option won't work nearly as well as having a true "cooling glove" but it's a lot more convenient and you'll still see some positive effects.

After a hard set, simply run your hands under cold water at the gym. Do this for about 30 seconds – long enough to cool your hands but not so long that they start to go numb.

Then dry your hands and return to whatever exercise you were doing. You will find you are able to do more work than you thought. Of course, it can be troublesome to continually rinse and dry your hands throughout the work out. So I find it's best to just save this strategy for use right before your toughest set of the day.



Matt Marshall is a certified personal trainer and founder of Fitness Under Oath.

He specializes in helping regular people with real busy lives get into ridiculously good shape.