

CFBC

VANCOUVER · SINCE 2008

FREE GUIDE

TRAINING · PRACTICAL GUIDE

THE WEEKLY HAND-CARE ROUTINE

Smooth, flat, flexible skin that does not rip. Five to ten minutes, twice a week, and a clear plan for the day a callus lets go.

5-10 MINUTES

HAND CHECK

RIP RESPONSE

CFBC

COACH BUILT IN VANCOUVER SINCE 2008

SMOOTH, FLAT, FLEXIBLE SKIN THAT DOES NOT RIP**THE WEEKLY ROUTINE, 5 TO 10 MIN, TWICE PER WEEK**

Your hands are part of your training equipment. Treat them that way. This does not need to be a 45-minute spa ritual. Five to ten minutes, a couple of times per week, keeps your skin smooth, flat, and flexible so calluses never get the chance to catch and tear. Work through each step, tick the box when it is handled, and keep your hands ready for the bar.

Soften the skin first

Work on calluses after a shower or a brief soak in warm water. Warm skin files cleanly; dry, hard skin cracks or over-files.

File raised calluses down

Use a gentle callus file, pumice tool, or low-speed rotary tool on the base of the fingers and the top edge of the palm. Flatten the high spots; do not remove the whole callus.

Stop before you think you are done

Never file until the skin is raw. You can always file a little more tomorrow. You cannot un-file your skin before Fran.

Moisturize at night, not before class

After filing and before bed, apply a simple balm, salve, or petroleum-jelly moisturizer. Skip heavy lotion right before training: slippery hands on a pull-up bar are not the vibe.

Before class: the 30-second hand check

- ☐ Do I have a raised callus that catches on fabric or the bar?
- ☐ Is anything cracked, shiny, or already tender?
- ☐ Are my hands dry and rough?
- ☐ Did I rip recently?
- ☐ Is today a high-volume grip day (pull-ups, T2B, rope climbs, heavy cycling)?

IF YOU RIP, DO NOT MAKE IT WORSE**IN THE MOMENT & AFTER CLASS****Stop the movement**

Stop the movement that caused the rip, not your whole session. Do not bleed on the bar or push through exposed skin.

Tell your coach

We can modify the workout, swap movements, or adjust volume so you keep training hard without making it worse.

Clean and cover

Wash gently with mild soap and water to clear chalk and debris, then cover the rip before you carry on.

Swap, do not quit

Pull-ups to ring rows. Toes-to-bar to hollow rocks. Ski erg to bike. KB swings to squats. Keep moving without aggravating the skin.

After class: treat it like a minor wound

- ☐ Clean it. Wash gently with mild soap and water to remove chalk and debris. It may sting; still worth it.
- ☐ Trim loose skin only if needed. Carefully trim a big catching flap with clean scissors. Do not tear, dig, or cut healthy attached skin.
- ☐ Keep it moist. A thin layer of petroleum jelly or a healing balm stops the area drying out, tightening, and splitting.
- ☐ Cover it. Use a clean bandage for the first day or two. Change it daily, or whenever it gets wet or dirty.
- ☐ Let it heal. If the new skin is shiny or tender, modify bar work until it toughens up. You will feel ready before the skin is.

GENERAL EDUCATION, NOT MEDICAL ADVICE

If a rip is deep, worsening, infected, or not healing, or you have diabetes, immune, or circulation concerns, seek medical care.

NEXT STEP

WANT COACHES WHO WATCH YOUR HANDS?

Every class at CrossFit BC is coached, so grip volume gets scaled before your skin pays for it. Come try three coached classes.

crossfitbc.com/free-trial