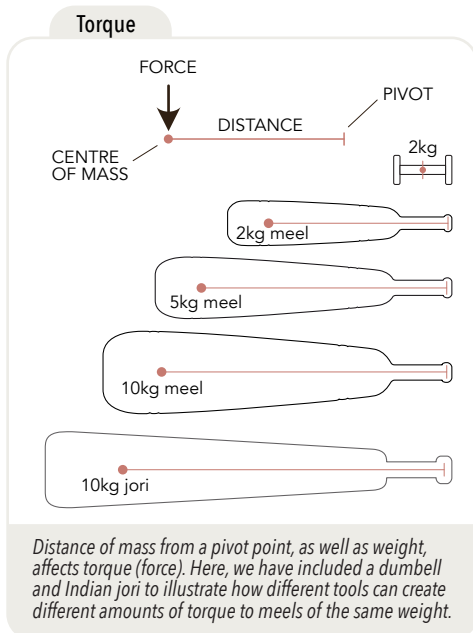


# PERSIAN MEELS SELECTION GUIDE – identify the right size for you



Persian meels are an ancient style of club designed to improve upper body strength and mobility. They originate from training practices dating back hundreds of years, originally to prepare ancient warriors to fight with sword and shield on the battlefield. Generally heavier than Indian clubs, Persian meels are now utilised by contemporary fitness professionals as an effective tool for building strength, conditioning and stamina. Use the chart below to find the most suitable meels suitable for you.

| SUITABILITY  | 1.8kg meels (3.6kg set) | 2kg meels (4kg set) | 2.4kg BD-X (4 to 5kg sets) | 2.5kg meels (5kg set) | 3kg meels (6kg set) | 3.5kg meels (7kg set) | 5kg meels (10kg set) | 7.5kg meels (10kg set) | 10kg meels (20kg set) | 13kg meels (26kg set) | 15kg meels (30kg set) | 17kg meels (34kg set) | 20kg meels (40kg set) |
|--------------|-------------------------|---------------------|----------------------------|-----------------------|---------------------|-----------------------|----------------------|------------------------|-----------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| Beginner     | ✓                       | ✓                   | ✓*                         | ✓                     | ✓                   | ✓                     |                      |                        |                       |                       |                       |                       |                       |
| Intermediate |                         |                     |                            |                       | ✓                   | ✓                     | ✓                    |                        |                       |                       |                       |                       |                       |
| Advanced     |                         |                     |                            |                       |                     |                       | ✓                    | ✓                      | ✓                     |                       |                       |                       |                       |
| Expert       |                         |                     |                            |                       |                     |                       |                      |                        |                       | ✓                     | ✓                     | ✓                     | ✓                     |
| Pre/re-hab   | ✓                       | ✓                   | ✓                          | ✓                     |                     |                       |                      |                        |                       |                       |                       |                       |                       |
| Strength     | ✓                       | ✓                   | ✓                          | ✓                     | ✓                   | ✓                     | ✓                    | ✓                      | ✓                     | ✓                     | ✓                     | ✓                     | ✓                     |
| Grip         | ✓                       | ✓                   | ✓                          | ✓                     | ✓                   | ✓                     | ✓                    | ✓                      | ✓                     | ✓                     | ✓                     | ✓                     | ✓                     |



## Selecting your Persian meels

Persian meels are traditionally referred to as a set, which is the combined weight of a pair. This means that a pair of 5kg meels are known as a 10kg set. Our meels are available in a wide range of sets, from 3.6kg to 36kg.

Persian meel swinging is very different to lifting dumbbells. The heavier and/or longer your meel, the more torque (rotational force) is generated as you swing them. For this reason, be prepared to swing less weight than you lift, no matter your current strength level. If you are new to resistance training, or it's been a while since you have done any form of fitness, consider starting with our lightest available meels – the 3.6kg set as shown in the chart above.

Generally speaking, if you already exercise regularly and have a good base level of strength, consider starting with a 5-6kg set if you are male, or a 4-5kg set if you are female. Of course, this is a generalisation based on average muscle architecture so please take this recommendation as a rough guideline.

- Ideal first meel for most beginners: 3.6-4kg set (1.8-2kg each meel)
- Ideal meel weight for an active & strong female: 4 to 5kg set (2-2.5kg each meel)
- Ideal meel weight for an active & strong male: 5 to 6kg set (2.5-3kg each meel)
- Learn from an experienced practitioner
- Only consider increasing weight when 100 casts can be performed comfortably

\* When selecting Persian meels for heavy club style swinging, you may also wish to consider some of our heavier Indian clubs, such as BD-X, Sim D Kehoe, Kai Karlai, Buja and Bulava clubs. All can be used for similar swings. Indian joris are very similar to Persian meels, though their conal shape creates a longer centre of mass – so a jori of the same weight will be a little more challenging than a meel.

The meels listed above can be found online at: [www.bodymind-fit.com/shop-persian-meels](http://www.bodymind-fit.com/shop-persian-meels)

Please see other selection guides in this series for information on:

- INDIAN CLUBS
- KARLAKATTAI
- GADA/MACE

All guides can be downloaded from [www.bodymind-fit.com](http://www.bodymind-fit.com)