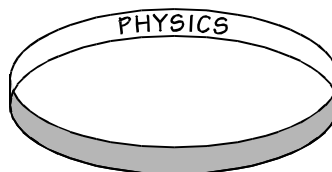


Wristbandits

Can a wristband increase your power / balance?



Introduction

Wristbands with seemingly magical powers have undergone a meteoric rise in popularity in the past few years. One purveyor has even secured naming rights to a major Northern California sports and entertainment complex. Promoters claim that athletes who wear their bracelets will experience an increase in strength, balance, and flexibility. They advance their claims by performing very specific demonstrations on unsuspecting test subjects. In the demonstrations, subjects appear to experience significant gains in strength, balance, and flexibility.

Assembly

Write a “magic word” on the rubber band to give it special powers. While this may appear hokey, the wristbands that sell for \$30 offer no scientific explanation for the mechanism underlying their product, either.

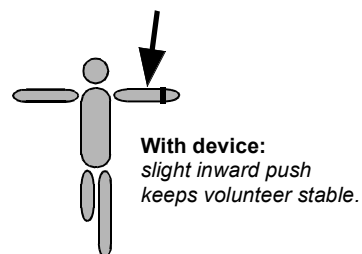
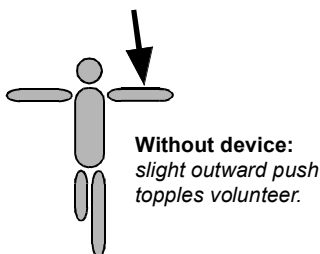
To Do and Notice

Allow the Wristbandit to test your strength and balance without the magic band. Then repeat the tests while wearing the magic band. Note your gains in strength and flexibility. Let the Wristbandit test you one last time while continuing to wear the magic band. Notice your gains have now been lost.

What’s Going On?

The outcome of each test is determined by the administrator of the test, not the subject or the magic band. If the examiner wants the subject to be weak, he/she exerts a force slightly outward (away from the subject’s body) and downward. If the examiner wants the subject to appear strong, he/she exerts a force slightly inward (toward the subject’s body) and downward.

For the flexibility tests, the subject is directed to take the “no magic” test first and the “magic” test second. The human body is generally more flexible on the second test compared to the first. Wristband promoters **always** have their subjects test without the wristband first, and with the wristband test second.



Materials

- ___ volunteer (test subject)
- ___ #64 rubber band
- ___ permanent marker (Sharpie or equivalent)

Have plenty of rubber bands on hand!

Learn more: go to

www.phyz.org

Click “Skepticism in the Classroom”

Watch the several videos concerning bracelets / wristbands

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