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Brutal Grip Training with Jon Davis

When most athlete's think about grip training, they think about a low budget hand crusher or a cheap roller. They feel that two or three sets of this every day will help them increase their weakness. However, training your grip is much more than just a few sets of wrist curls at the end of your workout.

Training your grip should translate in the weight room and on the field or court. What happens when the low budget grip crusher and or cheap roller becomes easy? Most athletes just increase the reps or stop doing the exercise in general. We feel these things will not get the job done, therefore, we take a different approach on increasing an athlete's grip strength.

Parents and athletes are very curious on why we focus so much on grip strength. How do you know that you didn't miss that tackle because of weak hands? How do you know you didn't stop that ground ball because of a weak wrist. Was the kicker's leg really that strong or were your hands just that weak?

As the owner of a training facility, we never want to leave any questions unanswered. Every weakness must be addressed to ensure we are building the total athlete.

So how do you incorporate grip training into your athlete's workouts? Check out the program below which is a sample week of how our athlete's are rapidly increasing their grip strength!

Monday - Max Effort lower body

SQ/DL variation

Unilateral quad movement

Knee flexion variation

Abdominal circuit

Add any of the following exercises we provided for you. *If you have done a heavy deadlift then we suggest you don't perform grip exercises on this day.

Wednesday - Max Effort Upper Body

Fat Bar Bench/Pull up variation

Fat Bar Tricep variation

Fat Bar Row

Front and Rear Delt exercise

Friday - Dynamic Effort Lower Body

Jump Variation

Hip extension variation

Heavy Abdominals

Pinch and Roller Sled dragging

We use grip for two weeks on and then take two weeks off. It is very important to rest your wrists, hands, and forearms so overtraining does not occur. Heavy one week and light the next seems to work best for our athletes.

In this article are some weapons we use on a regular basis to load up your grip training arsenal: Be creative and watch your results sky rocket!

Crushing Exercises:

* Fat Bar lat attachments

* Fat Bar pull-ups

- * Safety Squat bar holds

- * Fat Bar holds for time

- *Hex D.B. Holds

- * Ironmind's eagle talons

Rotational Exercises

- * Ironmind's Twist Yo Wrist

- * Bucket of rice

Pinching

- *Pinch Blocks and Hubs

- *Plate pinches



1 Arm Farmer Hold / Walk – using a rolling thunder or PVC piping, attach a chain and clamp on some weights, any weights, it doesn't even have to be Olympic plates, hell, make it a bucket of stones or gravel! You can hold for time, or, you can perform farmer walks with the weight. Holding the weight with only one side serves double duty while forcing the opposing side, especially the core, to work in stabilization as your grip works hard. Make sure each hand gets equal work, whether it be time, distance or both!



Sled Drags with Pinch Block and / or Hub – These really test the strength of the fingers and expose the weakness in your hands. Most athletes never realized how weak their hands were until they tried dragging a sled or rowing some bands while using these pinch blocks and hubs.

Our baseball players, wrestlers and football players benefit from these greatly as they are always grabbing the bat, the ball, the opponents arms, legs, ankles, jersey, etc so they need vice grip hands. We throw these in during some sled workouts for variety.



Plate Pinching – These are awesome for developing the hands and grip. You can use 5, 10 or 25 lb plates and a few freaks have used 35's and 45's placed side to side. Make sure the smooth side of the plates are on the outside so you can not cheat by gripping the lip of the plates.

You can hold these for time by standing still, walking them, performing side laterals, bent over laterals, front raises or you can swing them up and down to create more velocity and a tougher challenge on the hands. For muscular endurance you can perform a shoulder circuit with these by trying to perform 8 – 10 reps of each with laterals, bent over raises and front raises. These fry the shoulders, traps and hands!



Rice Digs – Yes, these are old school but man do they work the hands and forearms unlike ever before! You can perform both hands at the same time or punch one hand and then the other through the rice.

Dig your hand as deep into the rice as possible and then crush your hand under the rice while pulling up rice. Repeat with speed and high reps until you can't close your hands anymore!



Safety Squat Bar Curls – If you train young athletes, you will KNOW that they love to work the guns. So throwing in a few hard sets of curls, any kind of curls, will get the job done for these youngsters, especially if they're blasting away with heavy rowing and pressing and never using assistance with straps or gloves.

But, sometimes these kids come up with some crazy ideas and this is one of them! The SS Bar curl is tough because it does not allow cheating and the padding is quite large in circumference, making it brutal on the hands and forearms!

This is no different than wrapping a hand towel around a dumbbell handle and performing hammer curls. The towel makes the grip extremely difficult and does not allow the hand to close fully. A few sets of these curls in the 6 – 10 range is a perfect way to blast the guns and grip at the same time!



Towel Pull Ups –

Another old stand by for working the grip while training other movements. This is the most effective way to work the grip in most cases because you can handle the most weight as opposed to isolated grip work which only works the hands and forearms.

Sometimes we place both hands on one towel or one hand on the bar and one hand on the towel. We mix these up regularly and still perform the towel pulls from a recline position for our heavier guys who can perform traditional pull ups due to their heavier frame.



Dead lifting with Talon Claws – Attach your talon claws to anything and your fingers are going to work like never before! In Florida we have a boat load of Football players and we've seen many tackles lost or blocks lost because the hands could not maintain their grip on the jersey or on their opponents body somewhere, somehow.

Use your talon claws on pull up bars, trap bars (shown above) or buckets filled with stones or gravel. Once again you can see how we work the grip with a large movement. This way we can work the entire body and the hands simultaneously, which is very similar to how the hands are working during an athletic movement.



Twist Yo Wrist & Fat Bar Hang – Twist yo wrist is a great tool for working the fingers and hands. You can work the roller in such a way that only your finger tips are rolling the weight, or you can use more of your hand and press your palm against the roller. Both work great. I have found the wrist rollers to be great for improving grip endurance as well as increasing size in the forearms.

The fat bar hangs can be done with an entire crushing grip where your entire hand is wrapped around the bar or we might have our athletes hang by the fingers only. Both variations work great for improving endurance in the grip and hands.

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Grip Training Manual

By Greg Mihovich

As a mixed martial arts athlete, trainer and also a strength and conditioning coach my days are filled with double training sessions for myself, as well as multiple sessions training clients. On top of it as a gym owner I have numerous business responsibilities. While realizing the importance of grip training, I have limited opportunities to fit in some extra time devoted specifically for that modality.

Why am I telling you this in a grip training manual? Because I found the way to exercise my grip, without putting the extra time in.

A big part of my training philosophy is training the body as one unit in order to maximize its ability to produce, absorb, redirect and intercept forces. As I get better as an athlete, the conditions in which the training is performed toughen up and the amount of skill utilized increases.

Your grip needs to be trained as a unit as well, while integrated with the rest of your body. It is important to realize that your hands have different functions, including crushing (hand), pinching (thumbs) and levering (wrists), as well as supporting (fingers and wrist) and extending (fingers). You need to train all of these functions in order to develop and maintain balanced lower arm development.

Crushing Grip

I have figured that I already spend a lot of time doing various Pull Ups, as well as various core exercises, like Pike Leg Raises and Windshield Wipers, while hanging off the pull up bar. So at my facility, The Underground Gym, I installed a number of different pull up devices that would work my grip hard, while also accomplishing other objectives.

First of all, of course, there are thick pull up bars. They range from an inch and a half to two inches in thickness. Naturally, when performing pull ups or suspended core exercises your crushing grip gets a good workout. I found that that extra strength gain carries over to my groundwork and helps me to hold on to the holds that I apply.

Pike Leg Raise on the 2 ½ inch rotating fat bar



Windshield Wipers on the 2 inch suspended rotating fat bar



Second, some of my thick pull ups bars have a rotating PVC pipe over them, so it rolls out of your hand forcing you to hold on tight and that works your wrists in addition to the crushing grip. Those bars in my gym range from two to two and a half inches. The thinner one is actually suspended in the air by two straps on the side. That makes you to squeeze your whole body as one solid unit and to hold on even tighter.

Weighted Pull Ups on the 2 inch fat bar



Weighted Pull Ups on the 2 ½ rotating fat bar



Third, I installed a climbing rope – my ceiling is only about fifteen feet, but I just start on the floor and hold my legs straight out in an L-sit to make thing a bit tougher. Rope climbing has to be experienced to appreciate what kind of results it produces for your upper body pulling musculature, your hands and core.

L-sit Rope Climbing



Forth, I put up two Softball Grips from Torque Athletic. They are just what the name says: two softballs hanging from a pull up bar. When performing Pull Ups on them both your crushing grip and your fingers get a great workout.

L-Pull Ups on the soft ball grips



Fifth, the gymnastic rings that I use are two inches thick also. Basically, anytime I pull, and I pull often, my grip works extra from just holding on.

Body Rows on fat rings



Another thing I do very often is performing various Olympic lifts, like Cleans, Snatches and Jerks, as well as some assistance exercises, like Clean and Snatch Pulls (basically, they are Deadlifts with a shrug), High Pulls, etc. I started using fat bars almost exclusively on those and even though my weights went down from the extra strain on my crushing grip, my overall conditioning, including grip strength dramatically improved.

One of my favorite exercises with a fat bar is a One Arm Power Snatch combined with a Turkish Get Up squat style. This drill is GREAT for total body strength and power. Your hand and wrist have to work extra hard: first, to keep the bar in your hand as you are snatching it overhead and second, to

prevent it from rotating like a blade of the helicopter when you are traveling up and down with it.

Squat Clean & Push Press with the 2 inch fat bar



One Arm Snatch & Turkish Get Up with the 2 inch fat bar





Another great tool to use instead of the barbell for Olympic lifts is a sandbag. Mine came Iron Mind and every time I put it down after a few sets of Squat Cleans and Presses I feel like I just had a grappling match. The shifting sand inside and the canvas on the outside create one of the most unique pieces of training equipment.

I also keep two Captain of Crush grippers in my car and squeeze them while waiting on the traffic lights. Those reps really add up to your overall training, especially when you drive a lot. I used to keep my grippers at my gym, but I have found that I rarely get a hold of them, because I have so many other toys over there. In my car there is only one toy and that enables me to concentrate on the single aspect of development.

Although it is important to be able to control an opponent's limb once you got a hold of it – you need to get a hold of it first. That requires a

combination of good reaction and crushing grip strength and power. Power is strength that is applied quickly.

To train that I perform a following exercise on a fat pull up bar: starting with a pronated grip I pull up and as soon as I'm about to go down I release the bar and switch to a supinated grip. Then I perform a Chin Up and on the way down I release and switch back to pronated grip. I keep doing that for a few reps, while I stay explosive – usually it is six to eight repetitions. This exercise requires a blend of reaction, hand speed, mental toughness and grip strength.

Another activity that simulates grabbing a hold of an opponent's limb and controlling it is kettlebell juggling. I love kettlebell juggling! It is such a combination of power, precision, stamina and strength all in one package! And it is fun!

There are lots of exercises to choose from, but some of my favorite from a grip standpoint include Flip Swings, Reverse Flip Swings, Rear Lunges to Shovel Hook Flips and Bottom Up Hot Potato. You learn to react in a matter of instants, grabbing a spinning iron ball by the handle, absorbing and redirecting the force of it. My favorite modality with kettlebell juggling is to put a timer for three or five minutes and go at it freestyle. I know about thirty moves or so, so it has a great deal of variety into it and you will be surprised how it will get your heart and lungs going! But even just with a few drills – by looping them into a continuous flow you will get all the benefits. For some great information on kettlebell juggling you should check out Jeff Martone's videos.

Another thing that I teach is a concept of selective tension. Basically, as it is applied to grip function, it is the ability to increase or decrease the amount of pressure on the object according to the changing performance demands, while you are holding on to it. For example, you don't need to squeeze your opponent hand to your maximum capacity all the time – in doing so your grip will become fatigued very quickly. Instead, there are times to semi relax and conserve your energy and there are times to explode in order to execute a lock, a strike or a transition. Another example of that could be your hand during a striking bout: you move around keeping it loose, during the delivery of the strike it is loose as well, at the moments of impact and follow through you squeeze your fist and, upon recoiling the arm your hand relaxes again.

I have found that repetitive ballistic exercises with kettlebells, like Snatches and Long Cycle Clean and Jerk, teach that a great deal. Another very useful exercise that I perform often as a part my conditioning regimen is Sledgehammer Strikes with sledgehammers that go from sixteen to fifty pounds (you hit a big tire and, of course, the handle of the sledge is fat also). If you hold on for dear life all the time you are not going to last very long. Instead, you must adapt by utilizing selective tension.

Kettlebell Snatches



Kettlebell Swings



Sledgehammer Strikes



Pinch Grip

A lot of my clients practice Olympic weightlifting as well, as I teach and promote its great value to overall fitness. Anytime I load or unload barbell with bumper plates, whether for myself or helping my clients to do so, I grab

the fat bumper with one hand with a pinch grip and carry it to or from the rack. It becomes like a Finch Grip Farmers Walk, which is great for your thumbs. Sometimes it is a slim twenty five pounder and carrying it is easy, sometimes it is a fat forty five pounder and I have to put a lot of effort into holding on to it.

Pinch grip Farmer's Walk



I started doing it about five month ago and I have noticed that my thumbs became a lot stronger adding to my overall grip strength without putting any extra time into training them.

Finger Strength

When practicing Muay Thai, Judo or Submission Grappling I often perform some sort of bodyweight conditioning exercises, like Burpees for example, which include a Push Up. The first few Push Ups I always perform on my fingers until a mild discomfort and then follow up with the execution of the drill on my fists. That obviously strengthens my fingers and wrists. What I found out is that you need to be patient here, because your tendons and ligament take a long time to adapt. Do not rush into performing boatloads of that movement right away and give time to your connective tissues to catch up.

When I started playing Judo, I noticed that my fingers were not ready for the demands of grabbing the gi on the fly and executing a throw. Actually, it was rather painful. To strengthen my fingers I included into my training Pull Ups on the gi thrown over the pull up bar. That helped a lot, and a few weeks into it I added Jumping Pull Ups to train for the dynamic nature of

Judo. When doing these, you need to jump to the hanging gi and, immediately upon grabbing a hold of it, execute a Pull Up. Release, land softly in a shock absorbing semi squat below the pull up bar and repeat. I have found that this exercise was a close simulator to the grip requirements in Judo.

Wrist Strength

One drill that I perform a few times a week to strengthen my wrists and to improve my accuracy and punching power is working on the heavy bag without gloves and wraps on. Patience should be exercised when working up to that method. If you have never punched a bag before you should not start bare-knuckle on it. More general wrist exercises, like wrist curls (both with pronated and supinated grip) and wrist rolling should be performed first, along with some push ups on the knuckles in order to strengthen the wrist against a very possible injury.

Bare-knuckle heavy bag work



Along with general exercises you can introduce a specific one – bag work, but at half the power and with wraps and gloves on. Slowly increase your power and just as slowly reduce the amount of the wraps you are using. After at least six month – I warn you against any earlier transition – you can punch the bag without any equipment on your hands. Obviously, parallel to your hand and wrist development you should work on your punching form, as no matter how strong your hands are, if you punch wrong you will hurt yourself.

Wrist Curls with kettlebells using pronated grip



Wrist Curls with a barbell using pronated grip



Wrist Curls with a barbell using supinated grip



Wrist rolling using different grips



For that very same reason you should not only punch the bag barehanded. If you work on the bag a lot – and you should if you are a combat athlete, as it builds combat specific power and stamina – you are bound to make a mistake here and there, especially when performing conditioning drills on the bag. Those is why you should wear protection most of the time, but include a few focused rounds of bare knuckle punching to improve your accuracy and wrist strength, as well as to strengthen your knuckles.

Club swinging is another thing that is great for a lot of things: crushing grip, wrist strength and selective tension. I like to perform the classic exercises like Double Swipe and Mills for high reps, as I feel it works my whole body from different angles than exercises with other implements and it sure as hell works the heck out of my grip!

Sample Training Program

With the whole bunch of stuff that I gave you to play with I would not want to leave you guys hanging without a sample routine to follow. Please keep in mind that this is only a sample routine and it is very general, as I do not know your training background, specific goals, injury history, equipment availability and so on. If you would like me to design a personalized training plan for your specific circumstances you may contact me through my website.

However, the following workout will make you stronger all over (not only in your lower arms), leaner and it will improve your conditioning. So here it goes:

Day 1

1. FBB Squat Clean & Press 3 / CR L-Climb 30 feet (4 sets)
2. FHB Pike Leg Raise & Windshield Wiper 5 (4 sets)
3. KB One Arm Snatches 10 each side (every minute on the minute perform 10 Snatches left and right, continue for 10 minutes)

Day 3

1. FBB One Arm Power Snatch & Turkish Get Up (4 sets of one per side)
2. FRHB Weighted L-Pull Ups 5 / KB Windmills 5 per side (4 sets)
3. KB Long Cycle Clean & Jerk 10 (every minute on the minute perform 10 Clean & Jerks, continue for 10 minutes)

Day 5

1. FBB Deadlift 3 / SR or FHB Weighted Muscle Ups 5 (4 sets)
2. FHB Pull Over 10 / Double Wrestlers Twist 20 (4 sets)
3. DARC KB Swings 30 seconds / SH Tire Strikes 30 seconds / FHB Pull Up Burpee (on the knuckles) 30 seconds (3X3 minute rounds with a minute rest)

Abbreviations:

FBB – Fat Barbell

CR – Climbing Rope

FHB – Fat High Bar (Pull Up Bar)

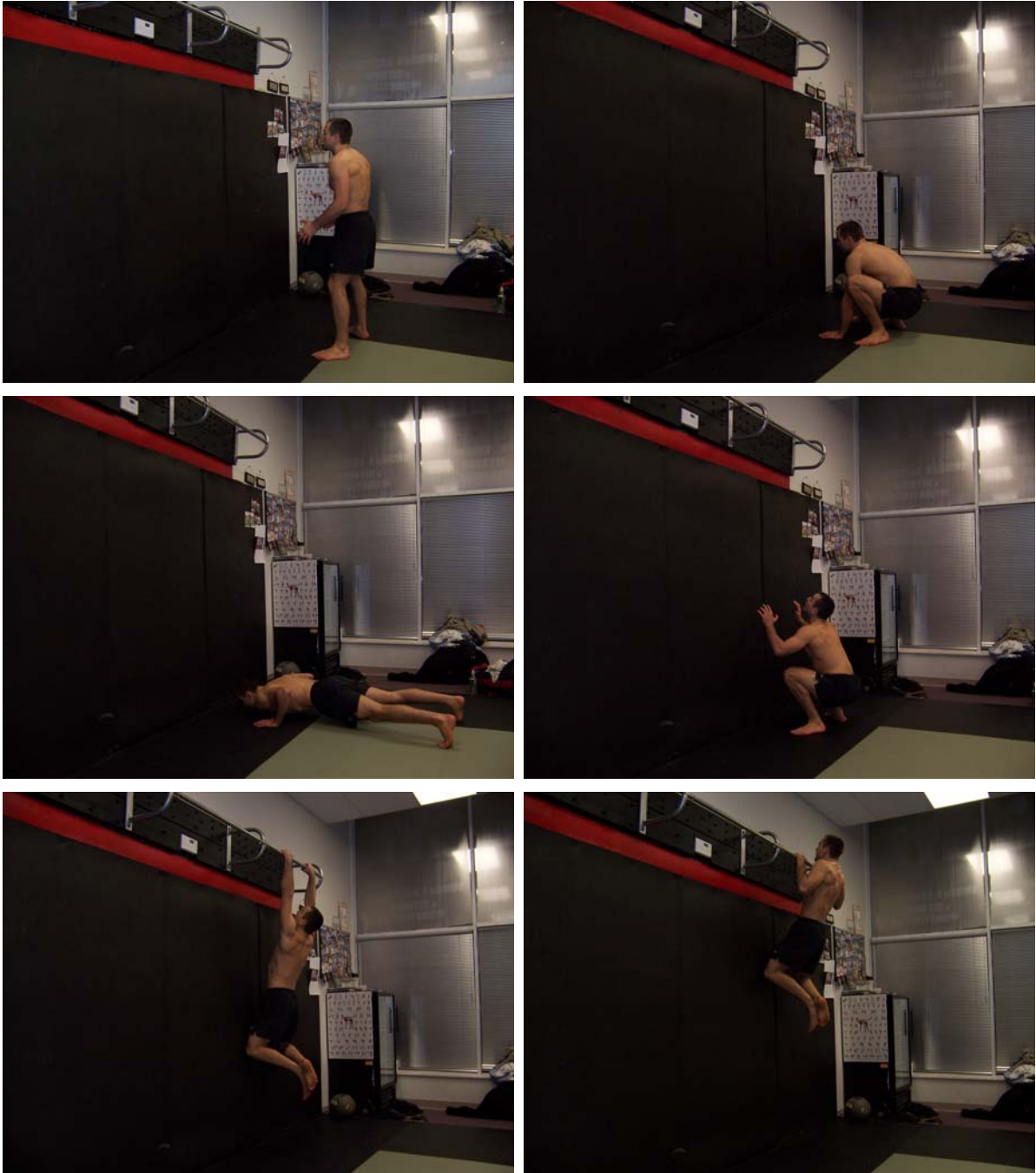
KB – Kettlebell

SH – Sledgehammer

FRHB – Fat Rotating High Bar

Double Wrestlers Twist

Pull Up Burpees



I suggest using the amount of weight that enables you to perform the exercises with perfect form and that would leave me a rep or two in the tank. I believe in loading up your body, but leaving enough energy for recuperation and super compensation (progress). Too much weight all the time causes trauma to the connective tissues. Progress slowly, but steadily.

You should also vary the intensity of your workouts. I always do. For example, on day one go at medium intensity, on day three go hard and on day five slow things down. You can drop the weight, reduce the number of reps and sets or increase rest intervals. It makes each workout different for you body, so it progresses continuously and, it gives it a chance to recuperate.

Greg Mihovich is an innovative Human Performance & Combat Arts Specialist. He owns and operates The Underground Gym in Neptune City, NJ offering group, personal and distant (online) training in Muay Thai Kickboxing, Submission Grappling, Mixed Martial Arts, Olympic Weightlifting, Kettlebell Lifting and Bodyweight (Primal) Conditioning. Greg is the author of bestselling Primal Conditioning and Amazing Mobility DVDs and is available for training seminars and consultations.

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Integrated Grip Training for High School Athletes

(Or those on a limited budget)

A brief overview of the Colonial Power Program, by Rob Isza

The overall goal of the strength and conditioning program is fourfold:

1. Decrease injury potential / severity
2. Increase athleticism
3. Education
4. FUN

This will be done by having the athlete perform both general and specific training modalities to help facilitate the athlete's strength, power, mobility, flexibility, and conditioning. By using training methodology that is based upon proven scientific data and brute, hard core, old school methods of yesteryear, an athlete will improve in the above criteria to give him/her a physical advantage over their opponents, as well as decreasing the potential for serious injury. As an educator, I feel it is important for the athlete to know and understand what, how, and why they do what they do. When they graduate, they should have a good understanding of how to stay physically fit and healthy for a lifetime. Finally, I want the athletes to enjoy the process. Hard work, sweat, and discomfort are a part of the process but I want them to have fun flipping tires, pulling and pressing a heavy weight, and carrying, lifting, heaving, and pushing awkward, heavy, odd objects.

Athletes will use exercises that mimic general human movement patterns: squatting, pushing, pulling, extending, bending, twisting, and lunging. In general all athletes will perform ground-based movements (closed kinetic chain), multiple joint movements, exercises that use free weights, and exercises that are explosive in nature. The following training principles are used when designing any strength and conditioning program:

- 1) Ground Based Movements 2) Multiple Joint Movements 3) Free Weight Exercises

- 4) Explosive Exercises 5) Periodization 6) Interval Conditioning 7) Mobility/SAQ
8) Recovery/Restoration 9) Nutrition 10) Flexibility/ROM

In a nut shell we train “*Old School, Hard Core*” following the eight principles below:

1. Short, brief, intense workouts
2. Use basic lifts
3. Train movements, not muscles
4. Train for strength and power
5. Train explosively
6. Mental and physical toughness
7. Accountability: Group and Individual
8. Make it tough, keep it fun

Grip and Hand Strength

Our grip training is integrated as much as possible into the workout. We utilize exercises that require one to employ his grip to perform the exercise. Some exercises are dynamic in nature (flexion/extension/supination/pronation) and others static (holds/support). At the end of our workouts we have a ten minute period exclusive to grip and hand strength.

Listed below are some of the exercises we use to enhance grip and hand strength. Since we are on a limited budget, we have to make do with what is available.

Farmer's Walk: we use 2" PVC pipe handles, chain, and plates. This is a great static grip challenge as well as a full body support and carry drill.



Block Carry: They're thick, rough, dirty, and challenging. What else do you need!



Hex Hold/Carry: Grip the dumbbells on the smooth surface with your finger tips and either hold for time or go for a walk. Great drill for training the masses.



Plate Pinch: Another good one for large groups. Can also be levered for a unique challenge.



Rope Hammer Curl: I found some heavy jump ropes and looped them through some plates.



Fat Bar Wrist Curl: Another great use of the fat bar for grip and forearm development. We will also use the fat bar for deadlifts, curls, reverse curls, and presses.



Rope Pull Ups: Another recycled tool. Pull ups, rows, sled pulling, thick ropes are great!



PVC Pull Ups: I take my multi purpose PVC handles and hook them up to the chin up bar. The chains allow them to swing freely increasing the difficulty.



Another good use for our PVC handles-one arm sled rows.



Sandbag Drills: Anytime you use sandbags your grip is challenged. Cleans, snatches, rows, curls, etc.



Leveraging: With an old bar end, supination, pronation, and wrist deviation can be performed. The bar end can also be loaded for greater intensity.



Nothing is more demoralizing (or dominating) than a superior grip. Whether in a combative sport, team sport, a physical altercation, or making a lasting impression with a firm handshake, grip strength is of utmost important. Grip can be enhanced in many ways. One can purchase the latest modern tools or one can make do with what you have. I like to keep it simple; what is the purpose of grip? To grasp something and control it, not just hold on, for the duration of the event.

Rob Izsa, MA, CSCS

Rob is the president of Intense Training Systems, LLC. He has been involved in the strength and conditioning field for over 15 years working with the high school student to the elite athlete. Rob is also a health and physical education teacher as well as the strength and conditioning coach for Morristown High School. For more information go to www.intensetrainingsystems.com



Hello – I'm Jedd Johnson and I am addicted to Grip Strength.

I started grip training in 2002 as a way to get strong enough to tear a deck of cards at the bar in order to impress my friends. Now I rarely go to the bar, but Grip Strength has become an obsession for me - something I just can not stop doing.

I have a full time job in Safety Management at a

factory in my town and more than once my mind has strayed from the meetings I am sitting in only to jot down notes for new exercises and new Grip Strength devices.

Some people start their meetings off with an ice breaker. They might tell a fascinating story related to Safety in order to get the audience's attention – I crack a 1500 page phone book in half and take up about 5 minutes of the group's time telling them about the multiple techniques one can use to accomplish the feat.

I have seen some presenters use videos of people falling through roofs or slipping on ice to get the group focused on safety. I wrap nails in thin pieces of cloth and bend them with my bare hands.

The bottom line is that from the time I get up in the morning until the time I finally get to my gym, I am thinking about Grip, and ever since Zach invited me in on this project my obsession has only advanced in complexity.

I don't expect everybody who reads this to become a Grip junkie. I don't think any type of obsession is healthy. But at the same time, if you are interested in strengthening yourself or athletes, there is no excuse for ignoring Grip strength in your routines. My purpose for writing is not to convert you or to "show you the light," but if along the way you become a Grip-aholic, then you can always write me or take part in the **support group I hold** every Wednesday night for others like myself.

Get it? *Support group I hold...*



One of the principles we've come up with at Diesel Crew that enables us to constantly be innovative and different is a concept we call "Extension of the Movement." Essentially, this concept involves modifying a basic lift so that it is more demanding, increasing the work capacity needed to perform the exercise.

For example, I can improve my keg lifting (or round back hip extension) by changing the range of motion of the lift. I can stand on boxes so that I have to pull the keg over a longer distance. If I improve at pulling the keg over the increased range of motion in my training sessions, then when I get to a strongman contest where I am just pulling the keg from the ground, it's going to be a piece of cake loading the kegs to a platform because my conditioning sessions were more demanding than the requirements at the contest.



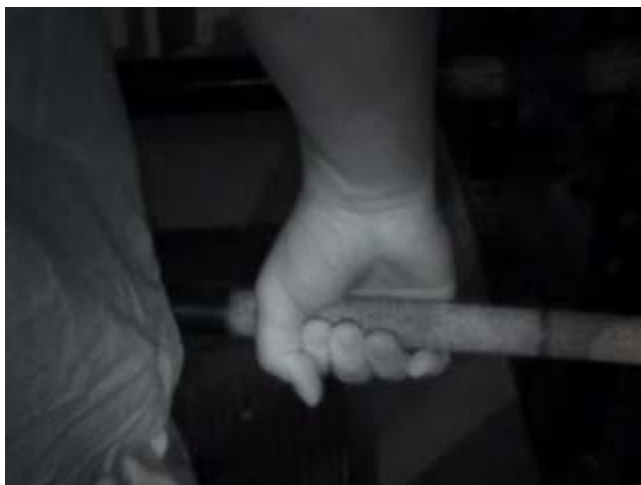
Think of *Extension of the Movement* as kinetically altering the most fundamental form of the lift with the intention of increasing athletic capacity, or rather, by making the conditioning more challenging, the pay-off will be better performance in the basic lift.

This same concept can be easily applied in Grip Training. All Grip training isn't the same – in fact there are several types of disciplines, including crushing, supporting, pinching, as well as wrist-dependent movements. To truly have a “Good Grip” you have to be well rounded. Let's look at some of these disciplines, and see how we can employ “Extension of the Movement” to each.

The discipline I'll discuss is support strength. One of the most common questions relating to improving Grip Strength has to do with improving the grip for the deadlift. I see it on powerlifting strength boards all the time.

To begin, let's analyze the basic lift. The athlete begins by bending at the knees to take a grasp on a loaded bar. The bar starts 9 inches off the ground, and as the athlete stands to the lockout position, the bar travels upward over a distance, depending on the athlete's height and the stance used. So, not only does the athlete's back and legs have to be strong enough to pull the weight, the athlete's hands must be strong enough to hold the weight from the point the load leaves the floor to the point of lockout.

We can see that the grip applied to the handle of a deadlift has the fingers positioned beneath the bar, with the thumb over top the fingers.



If the grip is going to fail, given the fact that the fingers are beneath the bar, then a weakness in the fingers is probably the primary cause for the loss of grip. We can mask this weakness by using a hook grip or by exaggerating the bend of the wrist,

but the smartest thing to do is to bring up the weakness and strengthen the fingers. When we apply “Extension of the Movement” we have to train in a way that will tax the fingers more.

A good friend of ours, John Sullivan, recently wrote an article stating that he thought the use of particularly thick bars in training yielded limited carryover to support strength, and I must say I agree with him. Once a bar gets thick and wide enough, your fingers are no longer beneath the bar – they are on the sides. Essentially, the lift becomes more of a pinch type of exercise, and less of a support challenge. This is a detail I have noticed for years in training on the Inch Replica Dumbbell. At 172 pounds of cast iron on a non-revolving handle, I am just completely unable to keep my fingers beneath the handle like on a conventional deadlift. I have to pinch the inch in order to lift the inch.



You can see in this picture that with the 2.5” axle bar, the fingers are only barely on the underside, so the lift is turning more into a pinch type of lift, because the thumb and finger starting to oppose one another.

So, super thick bars are out of style for training for improvement in the

deadlift grip. Now, wearing gloves is the fashion statement of choice.



It may seem silly to be wearing work gloves while deadlifting but if you think about it, it makes all the sense in the world. What everyone has been trying to accomplish by using thick bars for deadlifting is to tax the support strength more. This works up to a point – maybe up to a 2” or

2.25" diameter bar, but for most people any bigger than that causes the gripping effort to convert to pinch.

Think of it this way - size of the bar is directly related to how far open your hand is. If the normal bar is 1.25" in diameter, then your hand is roughly 90% closed around it. If the bar were smaller, say .75" in diameter then your hand might be closer to 95% closed. The smaller the bar, the easier it is for you to get a nice tight grip around it. If the bar is bigger, then your hand will stay open more when gripping it. This means your hand is less closed.



By wearing gloves when deadlifting, we can increase the *perceived* size of the bar. The true size of the bar stays the same. It's still 1.25" in diameter, but the material of the gloves that sits between the skin of your fingers and the steel of the bar causes your hand to sit in a more "open" (or less "closed") position. This is the effect

we want. The *perceived* increase in bar size increases difficulty. The lift is altered, but not so much that it has become a pinching exercise.

Once we have the gloves on, we can start doing our exercises that tax our support grip: deadlifts, rack pulls, pull-ups, cleans, rows, etc. Here are just a few examples of the exercises that stress my support grip the most when wearing gloves. I did not perform any deadlifts because I am nursing a bad lower back right now.

Deadlifts & Rack Pulls

Slap those gloves on and get to it. You can do your normal routine without gloves, to prevent a distraction and then put them on for your accessory work, or you can wear them right from the beginning. I like to wear them throughout the workout and when it gets too hard to pull the weight, I finish my routine without them. Other times I like to just see how much I can lift with the gloves on, even micro-loading the bar with 2.5 pound plates. The objective is to make the lifts more challenging. The additional challenge will cause you to work harder to maintain your grip, and soon you'll be seeing yourself pulling bigger weights to lockout.



Bent Over Rows

For your big pull day, you can also leave your gloves on following your deadlifts or rack pulls and go for some heavy rows. Some of you may even choose to wait until after your deadlift work and wear the gloves in the subsequent exercises. That's fine, too.



Straight Bar Curls

This set of curls was the hardest set of 135 on a straight bar I have ever done in my life. Getting it on film and out of the way made we want to pop open a cold one. With the gloves, the bar wants to roll out of your hand because it is hard to maintain good traction on the bar. Your support grip gets harassed big time with this one!



Power Cleans from the Hang

I have been doing cleans for years and I've never felt the effects on my grip from normal cleans compared to what I feel when doing them with gloves on. The bar literally tried to rip out of my fingers. The gloves make you squeeze extremely hard. This will train you to squeeze at near full capacity every time you deadlift.



Kettlebell Cleans

My favorite thing about kettlebells is that you can train ballistically with them. Sometimes I just want to throw some stuff around in the gym. The normal kettlebell clean for repetitions is just the beginning, however. Go for multiple repetitions with gloves on, and I guarantee you will feel it the next day. With the gloves on, every time I lowered this 95 pound kettlebell in the eccentric portion of the lift, it felt like extra G's were pulling it toward the center of the earth.



Using Extension of the Movement, in the form of heavy work gloves, while doing your pulling work, is a very easy way to add a grip focus to your training without having to rearrange your entire workout.

Another reason these lifts become more difficult is due to slipping of the gloves. The gloves may be somewhat loose, forcing us to squeeze the bar harder in order to complete repetitions close to our 1 RM. Again, these lifts will internalize your ability to turn on a maximal squeezing of the bar. When you grab the bar in the deadlift, if you are not squeezing hard enough that it seems like your grip will melt the bar, then you are not gripping hard enough, in my opinion.

One more thing - my advice to you is to GET REAL WORK GLOVES. Don't mess around with baseball batting gloves or golf gloves. They are just too thin and are not resilient enough to hold up to the knurling of the normal powerlifting bar. GET YOURSELF SOMETHING THAT IS GOING TO ENDURE THE BATTLES YOU HAVE IN YOUR WEIGHT ROOM.

Another way to work the support grip that I have found is by using bands and surgical tubing. This is probably a foreign idea to most of the people reading this manual, but it is something that I guarantee will help you learn to apply maximal pressure when applying support grip.

I began using surgical tubing in my grip training when I began getting serious about nail bending with the reverse technique. The reverse technique involves holding a nail as shown below. You'll see in the series below that when I bend the nail, my hands move in "reverse" directions, with one hand moving in radial deviation and the other in ulnar deviation.



In order to bend the nail using the reverse technique, the athlete actuates forceful wrist deviation while maintaining a strong supporting grip, as you can see in this series of pictures.

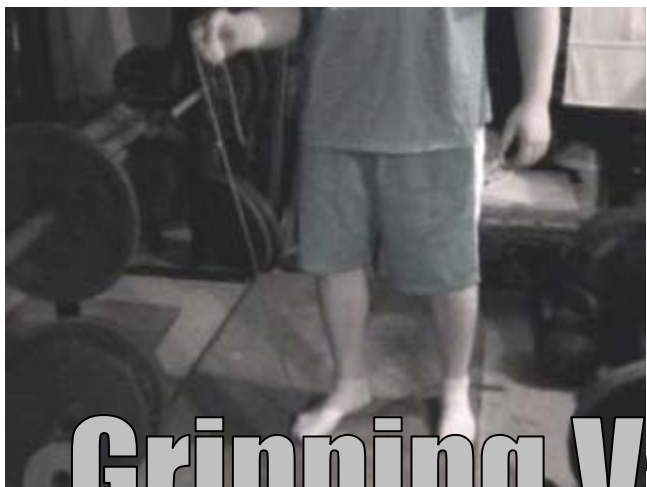


You might be thinking – “I thought it took mighty wrist strength to bend nails?” That is true, but if you look at the way I am gripping the leather wraps on the nail in this series, you can tell that it is not just a relaxed grip. In order to keep my hands from slipping off the nail, I have to apply as much pressure as I can on the leather wrapping and into the nail. I found that by grasping and pulling on surgical tubing, I could replicate the high intensity clenching of the leather wraps without having to bend more and more nails and bolts.

The same thing has to happen with the surgical tubing exercises I am about to show you. You have to be able to apply maximum pressure on the tubing or else it will slip out of your grasp.

Grasping the Tubing

A good way to get started with tubing is to grasp the tubing in one hand, and step on the end of the tube. From there, pull against the resistance of the tubing to work your supporting grip. As resistance is increased, slipping begins, and you will have to squeeze harder!



Gripping Variations

You can vary the position of the tubing in your hand, and the direction of the resistance, in order to stress your support grip in different ways, and to target different finger combinations.



In the first position, above, the tubing curled over the index finger, so the index finger is primarily responsible for maintaining the grasp on the tubing as it is stretched, followed by the middle finger and so on. Here, the tubing curls over the pinky finger. This will target the last two fingers more. These fingers are

generally the weakest fingers on the hand, and should not be neglected in training or else they will give out in the middle of your big pulls.

Don't stop there – use a variety of positions to get your biggest results from training with surgical tubing.



Thumb Work

Make a fist and place the tubing between your index finger and thumb. Remember, the thumb is there for a reason, too. The thumb should be wrapped tight over top of the

fingers when pulling to help secure the grip. By putting the band here and doing pulls, you will reinforce this locking mechanism making your grasp on the bar feel like a pair of clamps, locking you in, uniting you with the bar.



With the tubing placed between the thumb and the finger, extreme pressure has to be applied in order to keep the tubing from popping out. Your thumb pads will be sore for a while after the first time doing this exercise, but you will be glad you did not neglect your thumb in your support grip training.

You can see from this series that you don't always have to work with a larger implement in order to build up support grip strength. The tubing is much smaller in diameter than the bar, yet because it is so small and malleable, it lends a new challenge the athlete must contend with.

Surgical tubing is easy to get your hands on. Check out your local pharmacy, or buy it on-line from medical supply companies. Coaches and trainers can buy tubing in length and cut it down in 6 foot increments for all the members of the team.

Bow String Pulls

When I used to do a lot of archery hunting, I remember trying to pull the bow string back with my ring and pinky fingers and never being able to do it. I'd like to give that a try

again now that I have been training my grip for the last 5 years. These days, I like to train my last two fingers by pulling on a JumpStretch® band. This is great for a warm up or to practice endurance efforts.



As you can see, we are turning a corner with support strength. We're throwing some variety in the mix. Support grip training should not be limited to holds for time and thick bar training. Sometimes, you need to make the bar a bit harder to hold onto by wearing thick work gloves. From time to time, remember to isolate the individual components of the deadlift grip by using the highly versatile tubing and bands.

Heavy Bag Lifts

One more excellent alternative way to improve support grip is with a heavy bag. A great deal of information is available about the benefits of using sandbags and other heavy and bulky implements in the athletic routine. Their unorthodox shape is reason alone why every athlete should train with them. Another is their malleable nature. Just like the tubing and bands that we have already discussed, the canvas material and straps of a heavy duffel bag make for an excellent way to test your support grip.

Duffel Strap Farmer's Walk

We have taken a regular army duffel bag and turned it into a torture device. Grab a hold of one of the loops and you've got yourself an extremely challenging way to perform the one-arm farmer's walk.



For variety, you can also take hold of the shoulder straps or the bag itself.

Don't let the simplicity of the concepts featured here fool you. Each one of these ideas will help you get to where you need to be as far as your support grip is concerned. Take each of the examples, and apply your own "Extension of the Movement." Apply the

concepts to your training now and after a short time, you won't have to worry about dropping a deadlift ever again.

Lastly, if you have any questions regarding this article, please do not hesitate to ask.

Please visit our website at www.DieselCrew.com, or send me an email directly at Jedd.Diesel@Gmail.com.

ABOUT THE AUTHOR

Jedd Johnson played Basketball and Baseball at Towanda High School in Pennsylvania. Later, he played Division 2 baseball for two years at Mansfield University of Pennsylvania, before taking on strength training as his main interest. In 1999, Jedd and Jim Smith, 'Smitty,' formed the Diesel Crew and began formulating the Diesel Method, a strength and conditioning system involving the incorporation of various training disciplines. Now, the Diesel Crew is recognized as the Leaders in Grip Strength.

Jedd's has Certified Strength and Conditioning Specialist credentials through the National Strength and Conditioning Association, and is a regular speaker/presenter at the Pennsylvania State Strength and Conditioning Clinic. Jedd has been featured at Zach Even-Esh's Underground Strength Clinic, and authored the praised Diesel Crew Production, The Sh*t You've Never Seen DVD.

Jedd regularly competes in Strongman and Grip contests. In 2005, Jedd won the Massachusetts State Strongman Championships and the United States Grip Championship (Large Hand Division), at the Global Grip Challenge.

Contest Experience:

2003 - TPS Massachusetts State Strongman Championships

- Battle for Grip Supremacy

2004 - TPS Massachusetts State Strongman Championships

- Maryland's Strongest Man

- Global Grip Challenge 2004

2005 - TPS Grip Assault

- Wise Wellness Strongman Contest

- Saxonburg Strongman Contest
- TPS Massachusetts State Strongman Championships
- Maryland's Strongest Man
- Global Grip Challenge 2005

2006 - Stronger Than All II

- Wise Wellness 2006
- Global Grip Challenge 2006
- Backyard Bastard Bash 2006

Jedd has put nearly 350 pounds overhead and lifted 400 pound Atlas Stones. He is an IronMind Certified Captain of Crush. He has lifted the 50-pound Blob, pinched two 45-pound plates, deadlifted the Inch Replica dumbbell with one hand, bent the IronMind Red Nail and the Fat Bastard Barbell Co.'s Grand Bastard Nail, as well as several other renowned Grip feats.

In 2007, Jedd has several projects lined up, including many DVD efforts, e-books, and product reviews. To contact Jedd in regards to this article, Grip, or speaking engagements, visit www.DieselCrew.com, or email him at jedd.johnson@dieselcrew.com.

Old School Grip Training for the Modern Day Warrior!

By Spida Hunter

Developing an iron clad grip like our ancestors

When you shake the hand of someone who has done physical labour all their life you get to “feel” their raw grip strength, as a result of feeling their strength a little voice comes from the inside about how they could rip your head off with their thumb and index finger!!

So the question remains how can I develop an old school grip that scares the sh#t out of the new age man!

Well, besides telling you to go work in the farm or the steal factory to develop your grip strength we can never underestimate the power of living off the land!

The modern day grip is weak due to many factors like having things made easier for us to ensure we can lift things properly without it being ‘awkward’!

Awkward my friend is the essence of true Functional Grip Strength! Let me show you how I do Grip Strength!

Firstly I believe in simplicity, from simplicity or foundations as I call them we can build what ever you dream. Without it we have something that may look good but would break if taken to the limits or put under stress!

When I’m thinking about grip strength I put it into 2 categories;

- 1) Functional Grip Strength**
- 2) Functional Lactate Grip Strength**

I put them into these 2 categories because that’s what is used 90% of the time in real life and when dealing with combat fighters!

Functional Grip Strength:

This is where we will take an exercise like a chin up using a bar and throw a towel over it, now it's become functional to life or combat sports. You may be able to do 10 chin-ups with the bar but find you can only do 6 because of your grip! Therefore your grip is the limiting factor in your ability to do chin-ups.

If you are able to match your chin up strength with your grip strength then you have created relative strength that you know won't fail you in times when it's needed!

Functional Lactate Grip Strength:

This is the ability to work at long periods of time before your forearms feel like pop eye's forearms due to your inability to process lactate in the muscles that you are putting under stress (forearms)!

Now all of this may sound pretty simple to you which is great. Let me enlighten you to some of the secrets we use to train our grip strength and lactate tolerance with athletes of life and athletes of the fighting arena!

Our true secret is; **We don't use fancy things to make it happen!**



Everything we do in the gym involves **NO** straps with exercises e.g. chin ups, deadlifts, Rows etc.. You name it we do it but we do it raw! Please don't misquote that as we have never used straps because we have for deadlifts/Chin-ups etc if we are attempting PB's and the grip is the limiting factor! Other wise NO straps!!!

Simple I know, however if it was simple then we wouldn't have the weak as sh\$t hand shakes we have now would we! So in essence we train our grip strength every time we train.

Here's how it looks in practice:

- If you are looking for a killer grip all it takes is 2 exercises per session to improve it if training 3x per week!
- If someone is using the ideal piece for chin-ups then you make it happen with what ever you got! i.e. towel over a squat rack!
- The below programme is done with a group & we don't train out of a complex that has 5 of everything so we make it happen no matter what!

Tuesday Metabolic Hypertrophy (Quad-plex Meta Hyper Pull/Push)	Tempo	EHP NOTES
Warm up MB Chop Protocol & SB Fab 5		
A1) Deadlift (alternating grips)		
A2) DB Alt Shoulder Press		
A3) Band Alt Chest press		
A4) Anterior Reach		

B1) Chin Up (with gi)		
B2)		
B3) BB Fullbody Twists		
B4) SB Hip thrusts		
C1) Supine Row (with straps)		
C2) Pushups		
C3) DB Bicep Alt curls		
C4) Band swimmers		

The exercises that we will target grip a bit more for raw & lactate strength are the Deadlift, Chin up and Supine Row. I have found that just focusing on the lift as 'naturally' as possible transfers over to reality strength.

I have only come to this conclusion due to having the philosophy of "Let's make it happen no matter what" and not having the facility's that have multiple equipment to train groups of people! E.g. What happens if you have a group of 5 and they are to do chin ups with only 1 chin up bar?! We make it happen no matter what!!

Once you have laid your foundations for grip training i.e. using anything but the norm! Then you may want to progress to deeper waters, however don't jump in the deep end straight away just start with laying the foundations of what you have read!

Progressing to Deeper Waters!

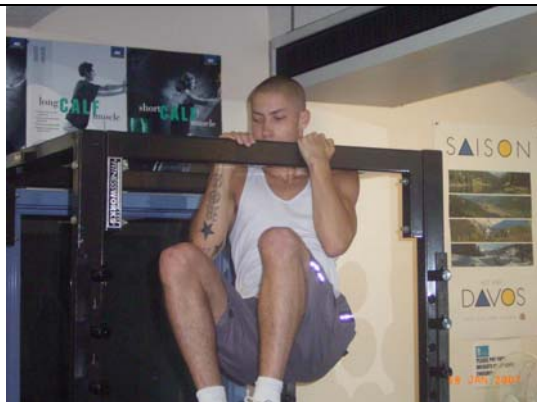
Now if you don't have the foundations laid then your ability to do what I'm about to present before you will be extremely limited however I'm sure you will try it!



Chin up with 2 fingers



Chin up with Squat Rack



Isometric hold 30sec

This is just a taste of how we mix it up to make it happen no matter what! It doesn't end in these pictures we will use each other as weight as well for movements like a deadlift/ Power Clean/ Bent over Row to name but a few, now if you lift human's you know you have to develop tremendous grip strength (among other muscles) to lift a person who is a dead weight!

Summary: What I have written is a great starting point, it's definitely not the end of the destination of grip strength that's for sure, however if you lay the foundations in this article then your ability to reach newer and greater heights in grip strength is untapped my friend. So start lifting raw by spicing your training up with some functional grip training so you will have a grip that our ancestors had and that gets someone else thinking about how you could rip their head off with your thumb and index finger! 😊

I have also included larger photos of those inserted in the table above. This way you can see any details required to help you perform the movements correctly!



Squat Rack Chin Ups – the large diameter of the power rack forces the hands to work much harder than your traditional pulling bar. For our combat athletes this is a staple in their training programs.



Gi Pull Ups – No matter how much grip work someone does, jiu jitsu, judo, sambo and any other combat sport which involves constant grabbing of the Gi will fatigue the hands and fingers very quickly. If we have combat athletes who need extra hand and grip endurance specifically when using the Gi, we utilize a Gi with as many movements as possible, and pull ups are a popular one!



Isometric pull up holds – This is an excellent way to toughen up combative athletes in the static contracted position. Too often a submission is given up due to lack of static strength endurance. This also takes away energy from the fighter's entire body, not just the upper body! Trying to apply a choke or arm lock for more than 30 seconds sometimes gases a fighter and exposes him to damage. Weight can be added to this movement with a vest or you can also include abdominal movements such as knee tucks, leg raises or an isometric knee tuck hold. Combining more than one movement in addition to the iso hold will make this a very tough movement!



Supine Row with Straps – It is critical to row from as many angles as possible. Pull ups and chin ups are excellent movements but rowing / pulling from the supine position is very challenging as well. For variety we add a weight vest, perform iso holds, or utilize a thick rope instead of straps.



Finger tip Pull Ups – For some, this may seem like an unnecessary movement, but, for fighters, they often have injured hands, or injured fingers which can give them a serious handicap while fighting. Strengthening the fingers reduces the chances of injury, and, if the hand is injured, this gives their body a means of training with out it's entire set of fingers!

Spida Hunter is a Fitness professional from Christchurch New Zealand; he is the trainer to NZ's best combat fighters. He also trains athletes of life in fatloss and health. To learn more about EHP visit NZ's first & only sport specific & fat loss newsletter at www.EHPFitness.com
learn the kiwi way to optimal performance!

I can't handle it!!! I can't hold on!!! Get a hold of the situation!!! Get a Grip!!!

Even though it may not be in the forefront of our minds the quality of our grip is ever present in the way we speak and the way we size up situations. If we as humans didn't value and appreciate the power of a strong and enduring grip, phrases like those above would not exist within our vocabulary.

However, our grip strength is rapidly declining as our society becomes more and more sedentary and mechanized. The amount of manual labor that an average person performs currently is at an all time low and our weak grip is a direct reflection of that decline.

Luckily for us, a great training tool, the Russian Kettlebell is making a come back. In an ideal world, each home and family would own and train with a set of Russian kettlebells. But for now we can only hope.

Performing traditional exercises with a kettlebell is a potent way to increase grip strength and endurance on its own. However, we're going to spice things up a little and take our grip strength to new levels with these unique and off the wall approaches to grip training, the Russian Kettlebell Way!

Drill #1 Soap it Up!!!

Fill up a large bucket of water and add some hand soap. Lather it up nice and soapy. Now take your kettlebell and bucket outside. Lather up your hands and start swinging. Your soapy hands will play havoc on your grip strength and you'll have to work over time to hold on and control the kettlebell. Be smart and don't perform any overhead work with soapy hands. Stick with the Swing and its variations.

Drill #2 Now Dry it Off!!!

This time we'll be playing around with another household item, a towel. Simply wrap the towel around the kettlebell's handle and start swinging. You can work single and two arm variations. This is a great drill for any combat athletes that compete and train in a gi or Kimono.

Drill #3 Add a Little Something!!!

Take two kettlebells and turn them towards one another so their handles meet. Take a thumbless grip and start swinging. The thicker grip adds a completely new dynamic to the kettlebell swing. Try out some overhead presses with this grip as well, just be safe.



Drill #4 Take-Away a Little Something.

Get set up to do your standard kettlebell swing, this time though, don't use all your digits. Start by removing your pinky finger, then your ring and eventually the middle. This drill gets tough real fast.



Drill # 5 Change it Up!!!

The unique design of the kettlebell allows you to use its handle in many different ways. Below are several variations using different grips. These grips can be applied to pressing, rowing, curling and extension movements.



Now that we've shown you the unique ways to train your grip using the Russian Kettlebell, we're going to cover training your grip using something even more simple, **thick rope**. We utilize two different lengths of 2 inch thick rope. We work with a 60 foot section and 10 foot sections. First let's take a look at the training that can be accomplished with the 60 foot long thick rope.

The rope is anchored at one end of our studio to our dip bars (that are fastened both to the floor and to the wall). However if your training toolbox needs to travel the rope can also be anchored down by heavy kettlebells or a tree.

Drill # 6

Standing with rope fully stretched out from the anchoring system, grip the end of the rope so that the rope exits on the thumb side. Using your entire body create a continuous wave with the rope that reaches the anchoring system. Keep the wave and the momentum constant for a set period of time. We generally work in 30 second intervals, but crazy beasts have been known to last twice or three times as long.



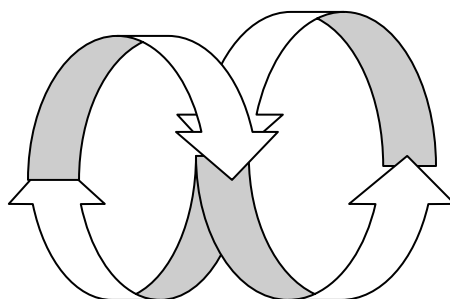
There are several variations of this exercise as well. Keeping your grip on the rope the same, alternate your arms. You can also alter the grip on both of these variations so that the rope feeds out of your hand by your pinky.



Drill # 7 – Semi Circle / Figure Eight Patterns

This exercise is best performed using the grip where the rope exits the hand by the pinky. The rope is fully stretched out from the anchoring system. Keeping both hands fairly close to each other create a semi-circle shape by whipping both ends of the rope from one side of your body to the other side. Work for a set period of time, increasing the time as you get stronger.

Another variation of this exercise is to work in a figure eight pattern. Keep the momentum going the size of the figure eight pattern the same until your set time has elapsed.



Drill # 8 – Pull Ups / Rows and Their Variations

Now we're going to move into the exercises using the 10 foot sections of thick rope. Hang a 10 foot section of rope over a secured monkey bar or pull up system. Grip the rope and perform pull ups. This same set up can also be used to perform bodyweight rows by gripping the ends of the thick rope.

The standard grip with both of these exercises is thumbs on the top with an even grip, however you can alter the grip pattern in several ways. Keeping the same grip with the thumbs on top unevenly grip the rope, switch the grip so that one hand is thumb down and one hand is thumb up, or worse yet try the grip with both hands thumbs down, you won't get full extension of your arms with this variation but it's a very challenging set up.



An additional variation beside switching the grip for the bodyweight rows is to raise the feet off the ground, this can be done using a plyobox, a partner, or a wall.



Drill # 9 – Jumping Pull Ups

Keeping a 10 foot section of rope draped over a secure monkey bar or pull up system perform jumping pull ups. You will want to use the thumbs up grip for this variation. This exercise is not necessarily used to develop pull up strength, but more to tax your grip and kick up your metabolic conditioning. Grip the rope with your arms almost fully extended overhead, simultaneously jump and pull, clearing your thumbs with your chin.



Drill #10 – Battling Ropes

You will need 2 – 10 foot sections of rope and a training partner for this exercise. Each person will grip the rope with the rope exiting the hands by the thumbs. Keeping the elbows flexed each person will create a wave back and forth. The goal is to hold on the rope the longest. Not only does this exercise tax your grip but it also develops partner training.



Drill # 11 – 3 Person Pull Ups / Rows

The last drill in the rope series requires 3 training partners, preferably of equal size and strength. Two training partners will take an overhead grip at each end of the rope, making the rope taught. The third training partner will perform pull ups on the thick rope. This is a tremendous workout in grip and core strength and stabilization for all 3 training partners, everyone is working hard on this one.

Bodyweight rows can also be performed using the same type of set up. The two training partners holding the rope will grip the rope at their waist rather than overhead.

Communication and trust is extremely important for this exercise.



Grip strength is important to your overall strength. Not only this, but it is an essential component to everyday life. Training your grip does not have to be a single isolated movement. It is far more effective and beneficial to your training program to incorporate your grip training with other movements and exercises as we have described above.

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*Jason C. Brown is considered one of the world's leading authorities on kettlebell training for fitness and sport. He created "Kettlebell Training for Fitness & Sport" DVD and book and co-authored "Kettlebell Training for Baseball" and "Kettlebell Training for Combat Athletes."*

*To receive Jason C. Brown's "Down and Dirty Kettlebell Training Tips," please visit [KettlebellAthletics.com](http://KettlebellAthletics.com) and sign up today!*



*Pamela MacElree is quickly becoming one of the most sought-after performance-enhancement coaches in North America. In addition to her experience as a Russian Kettlebell Challenge Team Leader, Pamela is co-owner of Urban Athlete and Kettlebell Athletics. Pamela's training experience includes program design for elite combat and endurance athletes.*

*Without fail Pamela's expertise has enabled athletes and clients of all levels to reach and exceed their training and performance goals.*



## Grip Training Made Simple

If you're someone who is looking to develop incredible grip strength you have come to the right place. I am going to show you some very simple yet very effective ways to train your grip. Simple is what it takes to get results, not fancy. Then again, simple should not be confused with easy!

First it's important to note that grip training can happen at any time. What I mean by that is let's say you're doing a heavy set of power shrugs. After you finish your set hold the bar in your hands for as long as possible. As your weight with the shrugs increases, your work tolerance for your grip strength and grip endurance is also increasing. But again that is just a quick example on how you can train your grip at anytime during your training session.

For this report we are going to be training with 3 simple little training devices. Make no mistake; each device when used properly can create incredible grip strength. So let's get started.

### Training with the Ironmind "Snowball"

Our first training device is the "Snowball" by Ironmind. This grip training tool is like holding a large snowball in your hands. The goal is to keep packing the snow over and over. What we did was took the snowball and used it to train the entire hand plus the fingers instead of just your overall grip.





**Holding the ball in the palm of your hand and trying to crush it with your entire hand for maximum reps is the simple, yet highly effective method for developing crushing endurance in your hands and grip.**

**The next exercise is done to work your pinching power or ability to squeeze.**



Holding the ball between your thumb and four fingers, pinch down as hard as you can. The good thing about the “Snowball” is that it’s packed pretty solid so you’re only going to get minimal movement out of it. Hold each position for 3-5 seconds then rest and repeat.

**Next training device is a simple piece of 3” x 24” PVC Pipe filled with Pea gravel and water (This pipe only weighs 17 lbs. but you can load your pipe MUCH heavier)**

OK for those of you who are asking, “What the heck is this guy training with!?!?” Keep in mind that the PVC pipe weights around 17 lbs. And when you move the pipe up and down the water and gravel shifts back and forth creating instability, thus creating extra work for your hands. This is an inexpensive grip tool and you can quickly make various pipes of various weights, I encourage you to do so.

You can perform these movements with one arm at a time, or, you can create pairs of pipes that are identical in weight.

You can also increase the length of the PVC piping to create more of an Indian Club like training tool which was a very popular tool amongst combat athletes from back in the day, as well as a favorite of Wrestling great, Karl Gotch.

**[Check out This Video and see some SERIOUS Indian Club Training!](#)**



Above, The Great Gama holding his mace and sporting a thickly developed physique.

Indian Clubs and heavy maces were a regular part of Gama's training regime.



Above, Indian Clubs being used by Indian Wrestlers, a regular part of their training.



**First exercise is a clean.** Start with the pipe at your side and with one smooth swing clean it to the upright position. Hold for 3-5 seconds and then lower back to the starting position. Again don't get confused by thinking this looks easy. You're trying to squeeze a 3" pipe and for those of you who don't have large hands this will become a very tiring task.

**Next exercise is wrist curls.** Holding the pipe at your side, curl your wrist up and hold for 3-5 seconds. Again this is a great forearm and grip exercise. What makes this exercise hard again is the pipe is 3" in diameter. Most "fat bars" that people train with are only 2" in diameter, so you can see we are putting more stress on your grip by training it out of its normal range of motion.



Last and final training device...

## **The Battling Ropes**

Battling ropes are the brain child of John Brookfield ([www.battlingropes.com](http://www.battlingropes.com)) who is known by many as the master of grip training. Let me tell you that I had the opportunity to train with John at his house and got an in depth look into this great training method. If you're someone who is looking for a great upper body workout that will also blast your grip, the battling ropes should be your device of choice...

### The basic wave:

In this exercise you're going to hold the ropes in what's called the underhand position. Start your wave by raising and lowering your arms in a rhythmic motion. It's kind of like shaking out a blanket but much harder because you're shaking out a 50' rope instead of your mother's blankets. Battling ropes come in both 1-1/2" and 2" diameters. For these exercises we are going to use the 1-1/2" but I would recommend getting the anaconda (name for the 2" battling ropes)



With the wave your goal is time and intensity. Most people will not be able to do more than 1-2 minutes on the ropes but if you're someone who training with intensity and trains frequently you will see massive gains not only in your endurance but also your grip strength endurance.

### Over Hand Grip:

This exercise is done using an overhand grip. The exercise you are going to be doing is **alternate hand waves**. The same principles apply to this drill as to the underhand drill: Intensity and time. However as you can see in the photo we are working your grip in a different position. It's like snapping a bull whip over and over again.





## Rope Climbs

For those of you who don't have climbing rope towers but want to get the same benefits here is a great exercise for you. Take the battling rope and throw it over a goal post on a football field. Every town has a field so no excuses. Take 2-3 wraps over the bar then start pulling. Your goal is to pull the entire 50' of rope over the bar. When the free end of the rope is at eye level you have completed one rep, start over again and pull the rope the other direction. Do this for 10 reps; your grip and back will be WASTED as the rope begins to feel heavier and heavier through your extended time under tension of pulling.



So there you have it...3 simple, low cost training ideas that will blast your grip and at the same time make you stronger. It's now up to you to get out and put these ideas to work.

***About the author:***

Mike Fry is the owner and head coach of [www.grapplersgym.com](http://www.grapplersgym.com) and [www.forceonereadiness.com](http://www.forceonereadiness.com) Mike is also the co-author of the Grapplers Guide to Sports Nutrition a book that make nutrition for combat athletes simple...

# How to Develop Hands of Steel that Crush Like Human Vice Grips!

BY ZACH EVEN – ESH

I always wanted a set of powerful forearms and brutally strong hands. The problem was I always used assistance on all pulling movements. For years and years I did this (I'm talking from age 13 until age 27!)! Straps were used on every movement and the only forearm work I did was 2 or 3 high rep sets of barbell wrist curls at the end of an upper body workout.

I was always in shock when I looked through Arnold's 'Encyclopedia of Modern Bodybuilding' because none of the photos showed these guys training with straps. I wondered how they were able to get an effective back work out in without straps. They did high volume AND heavy weights every workout, yet no straps!

But, look at the forearms on those guys from the Golden Era! Bertil Fox, Arnold, Franco, Sergio Olivia, Ken Waller, Casey Viator, Jusup Wilcoz, the Mentzer brothers, they were all sporting massive, vascular forearms. Not only did these guys look strong, they were strong!



**Look at Arnold's monstrous arms and forearms!**

Once I got away from bodybuilding I immediately stopped using wrist straps and never allowed myself to use assistance for pulling, NEVER. That means all heavy exercises, no matter how heavy, always get worked bare handed, maybe some chalk, but not much!

The temptation was there for a few weeks to return back to using straps so I could move more weight at first, but I decided to continue on my quest towards becoming strong, not just looking strong!

The movements that suffered most were heavy barbell and dumbbell rows. Normally I was able to barbell row 315 for 6 – 8 reps, but without straps I was down to 225 and even then the bar felt like it was slipping out of my hands and fingers!

Back when I was bodybuilding I recall warming up with 135 lbs. in the barbell row without straps and feeling the difficulty. I allowed myself to mentally block the fact that one can develop a mighty grip and go very heavy without assistance! Hopefully you're ready to move onward and upward and you can avoid my mistakes by reading this manual!



**Above, the Mentzer brothers show their rugged physiques and monstrous forearms.**

**In this photo, both brothers were only in their early and mid 20's!**

Dumbbell rows which I used to attack with 150 – 180 lb. bells were now being a struggle with 130's for 5 – 8 reps! I knew that with hard work and consistency I would be back at my heavy weights, unassisted, no problem!

Today, I don't use any straps for rowing and I can crank out 25 – 30 reps with 130 lb dumbbell rows no problem! [Check this video out](#)

There's a different kind of strength you build in your body when you stop using assistance for pulling movements and this is the style of training we're going to get you to focus on. It's not so much specific grip training, it's the incorporation of grip work throughout all your workouts which will make the difference.





**Franco Columbo deadlifting heavy, and as always, without straps!**

Like many of our Grip Experts, many of them don't encourage endless hand and grip training, instead, the majority of grip work is simply part of the workout. As for myself and my athletes, once a week, sometimes twice a week we finish with grip work using wrist rollers, DB hex holds and / or rolling thunder holds for time. A few sets does the job, overworking the hands can set you back, so a few tough sets works, trust me!

Our workouts are always involving hand and grip strength throughout. Because of this, our athletes develop hands that are much stronger than their opponents and crush their opponents like vice grips!

**Here is a list of many of our favorite movements for strength AND grip work:**

- 1. high rep 1 arm KB (kettlebell) or DB (dumbbell) rows (15 reps minimum per set)**



Above, one arm KB rows, one of the best upper back, shoulder, bicep and grip exercises out there, especially when performed heavy and for reps in the 15 – 25 range! Get ready to work on these!

**2. 1 arm rows holding sleeve of Olympic bar or thick handle DB**



Above, a homemade thick handle Olympic DB. Tightly wrap clothes line around handle and then wrap tightly with athletic tape. This will intensify your rowing (or any DB exercise) big time. Note that my thumb and index finger can NOT touch!

**3. thick bar deadlifts (bent leg and Romanian dead lifts)**



Above, thick bar deads with bands (note the green band I am standing on wrapped around the bar). The bands really pull you down at the top making the grip work much harder! Thick bar deadlifts are one of the best full body grip movements!



Above, thick bar DLs with an extended range of motion are another great full body movement that will tax your grip intensely!

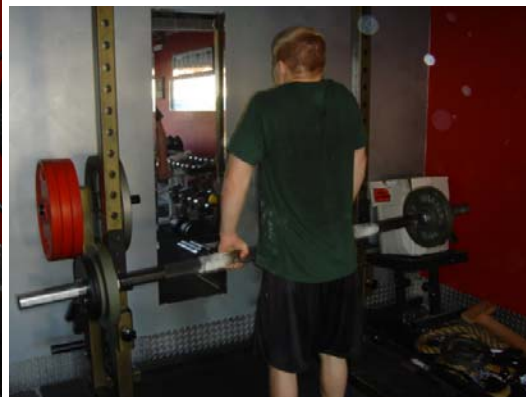
#### **4. thick bar bent over rows (reverse grip & overhand grip)**





Above, reverse grip BB rows with a thick bar. Your grip will give out before your pulling muscles do, so I suggest following up with one more pulling motion after this exercise such as high rep 1 arm DB or Kb rows to really exhaust and work the pulling muscles

#### 5. thick bar shrugs



Above, our wrestlers attack some thick bar shrugs. These are phenomenal for developing the upper back and grip together. Your weight on the bar will be

substantially less than a normal bar, but this forces you to crush the bar and squeeze the traps intensely at the top. I have found this movement to be a great beneficiary to my deadlift!

#### 6. thick bar cheat curls



Above, thick bar cheat curls are awesome for upper body strength, not just the biceps and grip. When performed correctly, these will look similar to a hang clean, only with an underhand grip. We still emphasize lowering the bar under control, as opposed to dropping the bar quickly.





Above, one arm thick bar curls. Certainly a rare variation we use, but sometimes for variety we throw this one in. Photo courtesy of <http://DeFrancosTraining.com>

#### 7. thick bar bench press



Above, thick bar benching w/KBs attached to the bar!



Above, thick bar floor presses, courtesy of <http://DeFrancosTraining.com>

#### 8. Thick bar military press



Above, strict military presses with a thick bar. This is an excellent movement for strengthening the entire body, especially the shoulders and the entire back. We use the strict press and the push press to add variety. But the strict press is excellent for development of the upper back!

## 9. Stone Training – all movements with stones



Above, you can see various positions with the stones. Preparing to press after the clean and carrying the stone in the zercher position. Your hands and forearms will get a tremendous workout from all stone training movements. I still remember the time when my Dad had new stairs built, I was about 11 or 12 years old, but the Mason had forearms and arms that were built like a bodybuilder! The guy must have been in his



50's yet he had arms that rivaled any bodybuilder plus sported hands and grip stronger than any guy in the gym!



Above, ripping into more stone training during the clean and press with a large stone and utilizing smaller stones for a shoulder circuit to work each individual hand.

**\*\* For our Underground Stone Training Manual [Click HERE](#). \*\***

**10. 1 arm KB swings with towel / rope wrapped around handle or with towel hanging in hand**



Above, the one arm rope swing, excellent for grip endurance when performed for higher reps in the 30 – 40 range!

**11. towel or rope pull ups (upright and recline) – mixed grip**



Above, one of many variations for pull ups with ropes and towels. Make sure you perform equal reps when using one handed towel pulls to work both sides evenly.

**12. hand over hand rope pulls with weighted sled / tug of war**





Above, working the thick rope and hand over hand pulls! An excellent full body movement! Yes, even the legs are working big time here just to hold your body from being pulled forward!



Above, tug of war is awesome for full body work and grip strength! This is a great way to add competition to a group of athletes!



### 13. rope / pole climbing



Above, rope climbing and pole climbing, both phenomenal for the grip. If I had to pick only one, I would go with the rope. The pole climbs are accessible everywhere for those without a rope!



Above, our wrestlers work the climbing rope. Even our heavy guys work the rope, even guys that are 200 lbs and over! This was heavily inspired to me by Coach Ethan Reeve of

Wake Forest University. Check out the interview I did with **Coach Ethan Reeve** in [The Underground Strength Kit by clicking HERE!](#)

#### 14. sledge hammer work – all angles



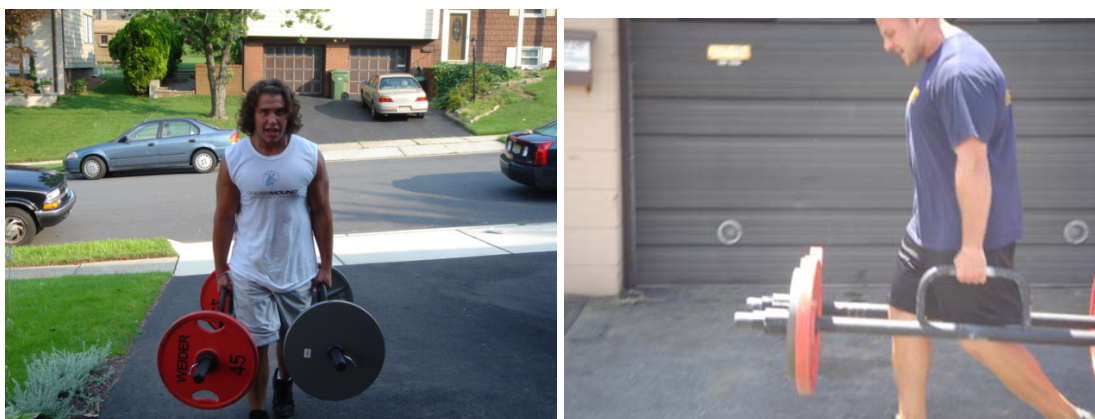
Above, overhead sledge work on an old tree stump for high reps is awesome for strengthening your hands, improving overall conditioning and improving mobility in the upper back and hips! Indoors, we use the sledgehammer on a tractor tire.



Above, Alex Emalianenko, top MMA fighter working conditioning with rotational sledge hammer work. Note the kettlebells, poles, ladders and other “old school” implements lying around.



### 15. heavy farmer walks with DBs, KBs or farmer walk handles



Above, the farmer walks with the farmer handles. The long handles make this exercise brutal and very different compared to the dumbbell or kettlebell walks. I suggest using all three implements for variation!



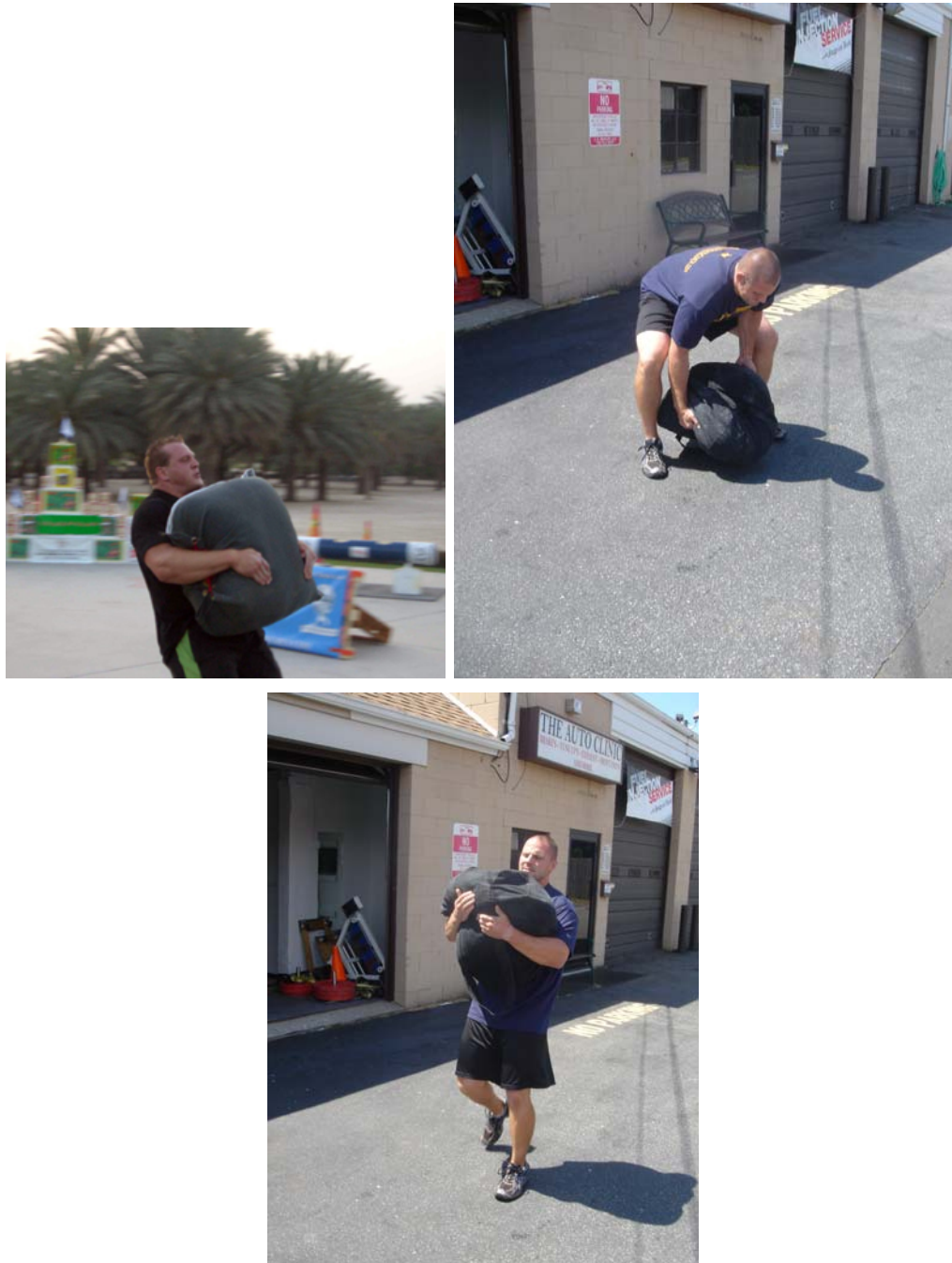


#### 16. sandbag training – all movements





Above, using ropes and sandbags for the crucifix hold. This is brutal on the grip and shoulders. You can also remove the ropes and only grab the sandbags. With heavier sandbags you can utilize the traditional farmer walk variation.



Above, bear hug style sandbag carries. With the oversized bag note how hard the hands must work to grip the bag in addition to all other areas of the body! Your fingers & wrists get a serious workout during the lift off the ground!



### 17. thick grip pull ups on monkey bars



Above, the side of the monkey bars offers thick bars that you can not fit your hands around! This is excellent for grip strength while working your pull ups!



Above, pull ups on thick monkey bars



Above, chin ups on thick sided monkey bars.



Above, mixed grip pull ups on thick sided monkey bars.

**18. thick handle pull ups – create these from PVC pipes or use Iron Mind’s Rolling Thunder**





### 19. KB shrugs



Above, shrugs with kettlebells test the grip and work your upper back big time. You can hold the bells in front of the body or at your sides.

**20. All ballistic KB movements – double KB cleans, KB snatches for high reps, clean & press**



**Above, high rep snatches are brutal for grip endurance, especially when you do sets of 15 + reps or back to back sets without rest!**



Yes, this is a long list but this is how we train! We are always utilizing basics along with thick bars or kettlebells. We also add ropes and towels to a lot of pulling movements, especially the endless variations of pull ups which are a frequent movement for all of our athletes.

Once or twice a week we add some specific grip work to the end of a workout, and this will usually last for 2 or 3 weeks, after that, we take a week off from specific grip work. The normal grip routine at the end will usually be 2 movements for 2 – 3 sets each.

Sometimes, I may want to focus on only one movement for grip and keep the rest periods minimal to work on strength endurance and lactate tolerance. This is when I just keep cranking out reps or time in a movement with little to no rest.

I have found that all of these grip exercises work for improving strength and size, but most of all, what works for improving strength and size in your forearms is the use of heavy weights and odd objects that force your hands and grip to work on a regular basis.

For example, here is a sample of **six specific grip workouts** that we would utilize at the end of a workout. You'll note nothing fancy in these workouts, but pay close attention to our workouts themselves, as they utilize movements which stress the hands and grip aggressively:

### **Grip Workout 1:**

- 1) Hex DB hold 2 x max time
- 2) Wrist roller 2 x 2 – 3 reps (up & down = 1 rep)

### **Grip Workout 2:**

- 1) Captains of Crush 3 x max reps (3 – 15 reps, reps depend on which COC)

- 2) DB wrist curls 2 x 15 – 25 reps

### **Grip Workout 3:**

- 1) Rolling Thunder 2 x max time each hand, no rest from hand to hand
- 2) DB hex holds 2 x max time

### **Grip Workout 4:**

- 1) DB Hex Holds 5 x max time, 30 sec. rest bet. sets

### **Grip Workout 5:**

- 1) Captains of Crush 5 x max reps, non stop from left to right hand

### **Grip Workout 6:**

- 1) DB wrist curls 4 x 15 – 25 reps, 15 – 30 sec. rest bet. Sets

And now, let's **take a look at a week of training for our Football players**. Our Football players train 3 x week with two workouts split into upper / lower body and a final full body workout with higher reps and moderate weight. This high rep day is a great way to add muscle for all athletes, not just young athletes. This is where we borrow the methods used from bodybuilders. These methods typically involve sets in the 2 – 4 range and reps can range anywhere from 10 – 50 reps per exercise (often times more reps for bodyweight movements!).

### **Day 1: Lower Body:**

- 1A) Box Squat 6 x 3 – 6 reps
- 1B) 2 hand KB swings 6 x 8 – 10 reps

2A) KB split squats 3 x 8 – 10 each

2B) Double Kb cleans 3 x 6 – 8 reps

3) weighted back extension 2 x 12 – 15 reps

**\* Notes \*** Instead of using dumbbells on split squats our athletes often use the kettlebells instead which gives our athletes more work with thicker handles. The double KB cleans also improve hand strength.

## **Day 2: Upper Body**

1A) Thick Bar bench press 5 x 3 – 8 reps

1B) 1 arm rows (Kb or DB) 5 x 8 – 25 reps ( we often have our athletes use a moderate Kb or DB on the last set and rep out maximally for 15 – 25 reps. These high rep 1 arm rows were [inspired by this video](#) and have been tremendous for improving grip strength, improving deadlift strength and improving strength and muscle size in the entire back)

2A) Reverse grip BB or T Bar row 3 x 6 – 12 reps ( t bar rows performed on the Grappler)

2B) 1 arm thick DB or KB press (floor, flat bench or incline) 3 x 5 – 8 each



**Above, the one arm floor press. This exercise is awesome when using a thick DB while on a bench. Not only does the grip work, but your entire upper body, especially the core works intensely while pressing and stabilizing!**

3A) band pull aparts or face pulls 2 x 2- - 30 reps

3B) DB hammer curls or thick bar curls 2 x 5 – 10 reps

3C) lying KB extensions (5 – 12 rep range) or band pushdowns ( 15 – 40 rep range) 2 x

\* maybe finish with direct grip work\*

### **Day 3: Full Body**

1) BB hang clean 3 x 10 reps (the moderate reps are awesome for full body strength and REALLY tax the grip)

2) long distance KB farmer walks 1 x 8 house lengths (up the street and back – approx. ¼ mile)

3) alternate BW forward lunges 2 x 50 reps each

4A) suspended push ups 2 x max reps

4B) thick rope recline rows 2 x max reps

5) various sled drags x 10 – 12 minutes

Now, looking at the program above, you can see the one day we would work the grip directly would be on upper body day, which is only once a week. But, in essence, the hands and grip are being worked during every workout due to the movements we select.

Our wrestlers utilize the above program design method as well, but they also use a full body split training 2 – 3 x week. I have found that our wrestlers respond well to both styles. Post season for 3 – 4 months our wrestlers will utilize the upper / lower split but often train here only twice a week because they wrestle so often. The



wrestling itself is considered a full body workout so it's critical not to overwork them, especially since they stay highly active year round.

If we performed direct grip work with our wrestlers on a regular basis we would easily over train the hands. Every time they practice they are aggressively working their hands, grip and forearms and this is not to be overlooked.

Let's take a look at some **full body workouts for wrestlers** and how we incorporate grip work throughout the workouts:

### **Day 1: Full Body**

1A) sandbag zercher squat 4 x 6 – 15 reps

1B) 2 hand KB swings 4 x 10 reps

1C) any ab movement 4 x 15 – 20 reps

2A) rope climbing 4 x up & down 1 rep

2B) 1 arm KB clean & press 4 x 3 – 5 each

3) various sled dragging x 10 – 12 minutes

### **Day 2: Full Body**

1A) Trap Bar DL 5 x 3 – 5 reps

1B) mixed grip pull ups 5 x max reps

1C) any ab movement 5 x 15 – 20 reps

2A) 1 arm KB snatch 3 x 5 – 10 each

2B) split squat variation (use sandbag, KB's or DB's) 3 x 8 – 10 each

3) farmer walk variation (hold KB's or farmer walk bars) 2 – 3 x 40 – 60 ft.

When utilizing **sandbag movements**, EVERY single exercise begins with the bag on the ground, so the athlete must GRIP the bag and rip it up utilizing a clean. Every “first rep” with a bag is in itself a grip exercise and a power movement! This is, once again, an excellent way to make your workouts more efficient!

You also see a variety of **kettlebell movements**, these are also excellent for developing the hands and grip. They are much more effective than dumbbells for improving grip strength!

We utilize kettlebells on a regular basis but we do not feel the need to overdo things and replace dumbbells completely. As mentioned before, high rep 1 arm DB rows are one of the best back and grip builders I have ever experienced, just try them yourself!

Farmer walks are a must have for developing a set of strong hands that never let go of anything...or anyone! I prefer utilizing the farmer walk bars because you can go much heavier and the longer bars work your entire body much more intensely than a pair of kettlebells or dumbbells can. On the flip side, we do utilize Kettlebell farmer walks with moderate weights on high rep training days or to traction the shoulders. The long distance walks have been a great way to add muscle to the upper back as well.

In the end, when you look at what we do, there is nothing fancy. In fact, there truly never is anything fancy to our overall workouts or our grip work in general. What allows us to get great results is the consistency in all of these tough movements.

Most people do not train full body lifts, ground based movements, strongman and / or odd object lifting. This is why they never make gains like our athletes do. You can't get results when the majority of your movements allow you to lay down or sit down!

Until the next time,

Stay strong!

Coach Zach

A handwritten signature in black ink, reading "Zach Even-Esh". The signature is stylized, with the first name "Zach" written in a cursive-like font, and "Even-Esh" written in a more blocky, capital-letter style.

Zach Even – Esh is a Strength and Performance Coach specializing in the training of combat athletes. You can learn more about Zach's methods by visiting <http://UndergroundStrengthCoach.com> and <http://CombatGrappler.com>

# Underground Strength

## Product Guide



***Underground Strength Coach*** is a resource for serious performance coaches, trainers and hard-core athletes who are looking for new, innovative ways to get stronger.

Within UndergroundStrengthCoach.com you'll find a comprehensive and constantly updated collection of serious ass kicking information - all of it professionally developed for, and from, the view point of the hard core performance coach.

This is NOT watered down, fluff filled, bicep curl crap loaded membership site! This is the real deal. We're the only resource dedicated 100% to helping you find the latest, most effective training ideas. Here's just a taste of our unbeatable departments:

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**Tires** - want a REAL strength workout, try hauling and flipping tractor tires!

**Kettlebells** - we've got hard-core explosive kettlebell drills you've never seen before.

**Ropes** - forget those wimpy lat-pulldowns. Give our rope climbing workouts and circuits a try.

**Logs** - once you experience our log-carrying workouts, you'll never think of training without them!



**Sledge hammers** - throw away that stability ball. Sledgehammers will give you a rock solid 'core'.

**Kegs** - they're not just for drinkin' beer. Try some of our workouts using kegs for unbelievable grip strength and power!

**Old School Strength** – Discover the secrets of the REAL Strong Man from the 1950's and prior!

**Odd Objects and Much More** - we've got everything related to being a true 'underground' strength coach. Car pushing, stones, and too much to list here.

You're going have to see what it's all about for yourself at

<http://UndergroundStrengthCoach.com>

Here are some of our exclusive features, for Underground Strength Coach members only:

- **Private, Ego FREE Discussion Forum** moderated by our Contributors & Advisors loaded with awesome information and other friendly Underground members willing to share information openly and freely
- Unlimited Access to our **program vault**: Detailed, professionally created training programs featuring exact exercise progressions, sets and reps!
- Our searchable **resource library** featuring killer how-to articles
- The **Underground video library** with live footage of training and never seen before exercises
- **Hundreds of Exercises** using sandbags, bodyweight, tires, sledgehammers, kettlebells and more
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- And much, much more

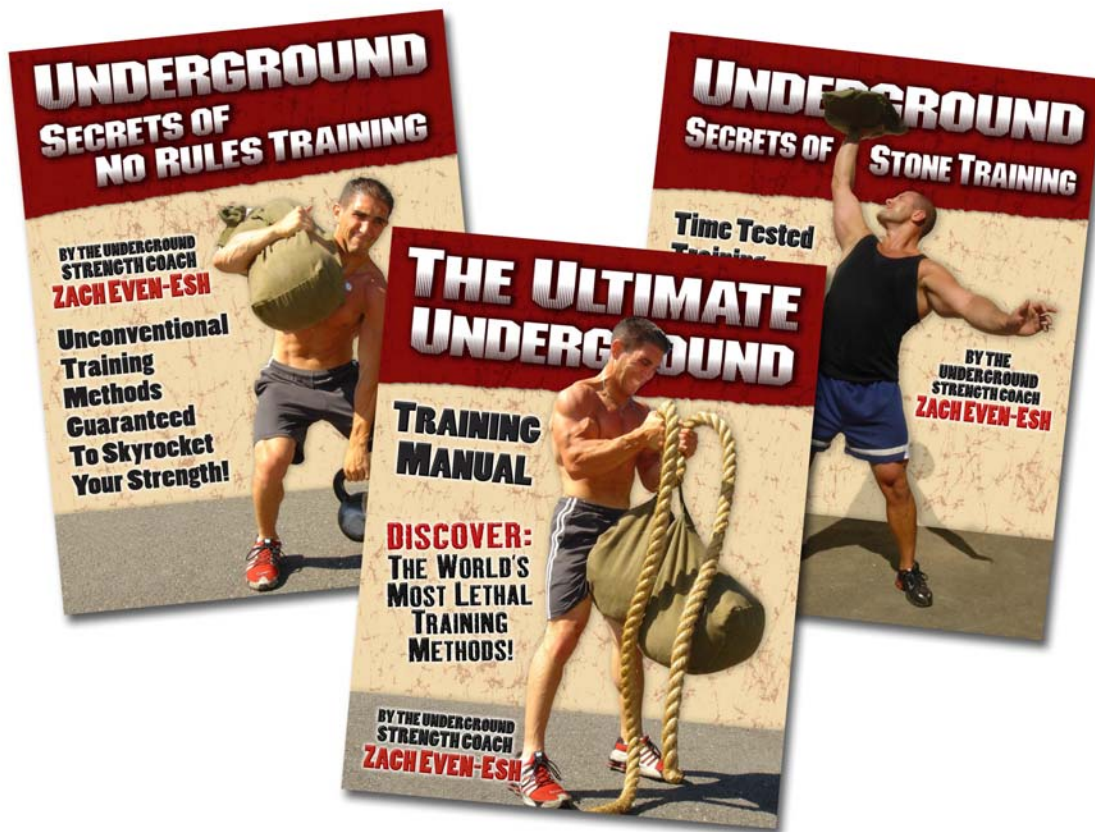
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This is my masterpiece! I unleash it all in this ass kicking product and you will see what I REALLY do when I train myself and others. These methods have proven time and again to over deliver freakish results in strength, muscle gains, speed and power!

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- ✓ Underground Secrets of No Rules Training Manual
- ✓ Underground Secrets of Stone Training Manual
- ✓ The Underground Sled Training DVD
- ✓ Audio Interrogation with Joe DeFranco on CD
- ✓ Audio Interrogation with Ethan Reeve on CD
- ✓ Audio Interrogation with Jim Wendler on CD
- ✓ Audio Interrogation with Jim "Smitty" Smith of The Diesel Crew on CD

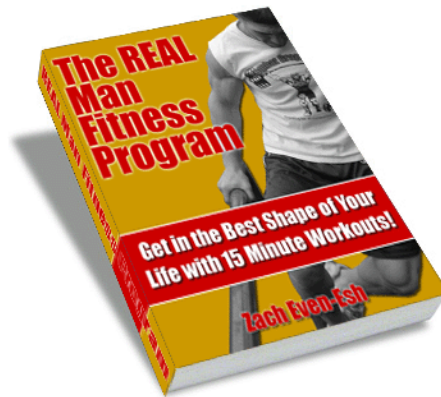
No where else will you find a product so jam packed with such amazingly powerful information for improving your performance and building muscle beyond belief!

To discover the secrets behind my success go to <http://undergroundstrengthkit.com> NOW!

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## REAL Man Fitness Program E Book



The definitive guide for busy men who want to discover the fitness methods guaranteed to sculpt their body into rock solid REAL Men!

I have been using this program for years with my own busy schedule and it has proven to bring serious results in fat loss, muscle building and I feel great!

You will find no nonsense information on how to use short workouts with minimal equipment while also getting a boat load of bonuses and FREE workouts!

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- The One Year REAL Man Fitness Blue Print – one year of workouts that last 15 minutes or less! You don't need to do any planning, it's all written out for you, ready for action so you can begin getting results in your first week!
- A two part audio interview with world renowned performance and fat loss coach, Alwyn Cosgrove
- Audio interview with world renowned nutrition coach Dr. Chris Mohr

If you're a busy man then this e book will be THE answer you've been waiting for. Not only do you receive cutting edge fitness training information so you can sculpt your body, but you'll also find my most powerful time management and psychological tools that I have been using for years which have skyrocketed my success and happiness.

This e book can do the same for you, if you act now! Go to <http://REALManFitnessProgram.com> and experience the power!

For more information on our products for combat athletes and hard core athletes, you can visit <http://CombatGrappler.com>

If you're a busy man you can visit our web site dedicated for busy men at <http://REALManFitness.com>

**Here is a list of all our specific web sites that you will want to visit if you are a combat athlete, strength athlete or just a hard core fan of hard core lifting:**

<http://kettlebellsforcombat.com>

<http://undergroundstrengthkit.com> or <http://undergroundstrengthmanual.com> (e book)

<http://mmaexperts.com>

<http://undergroundstrengthcoach.com>

<http://playgroundworkout.com>

<http://www.ultimatecombatkit.com/>

Or, visit our store at <http://CombatGrappler.com>

You can also find special, members only discounts at our Underground store, found at <http://www.undergroundstrengthcoach.com/products/departement2.cfm>

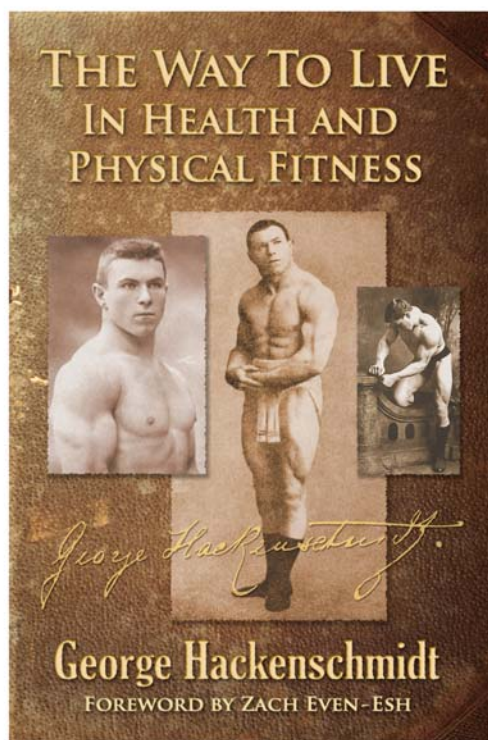
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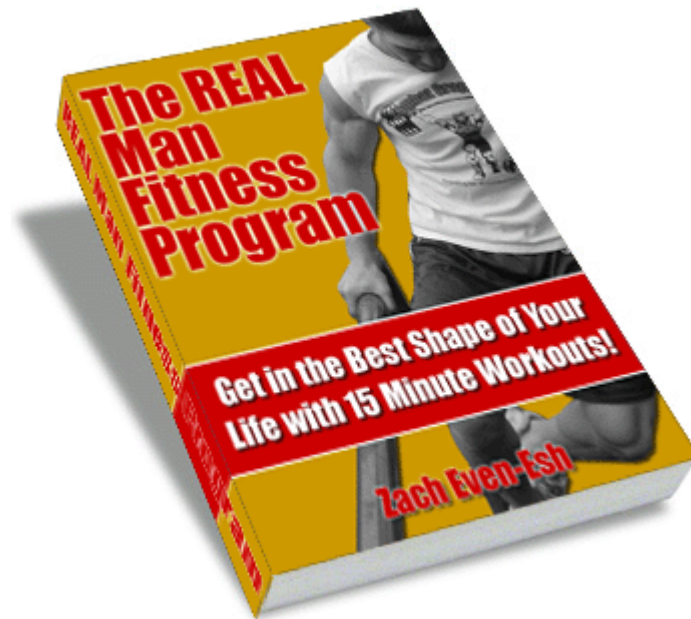
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## [Russian Lion Fitness Course](#)

Uncovered from the early 1900's is The Russian Lion Fitness Course. This ancient gem combined with my comments and powerful information will get you on the fast track towards physical and mental strength and success!

This book is jam packed with such amazing information for REAL Men that you will NOT be able to put this book down! Without a doubt this is one of the most powerful books I have ever read and you will feel the same! The Bonuses will only make this amazing products that much more powerful!





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- Proven strategies for muscle building faster than ever before
- Time tested methods for time management allowing you to enjoy life more so while doing the things you love
- Simple methods for eating better and more conveniently
- A Powerful bonus: The One Year REAL Man Fitness Body Make Over Blue Print
- TWO Powerful Audio Bonuses with world Renown Fitness and Fat loss experts, Dr. Chris Mohr and Alwyn Cosgrove

**A must have book for all busy men!**

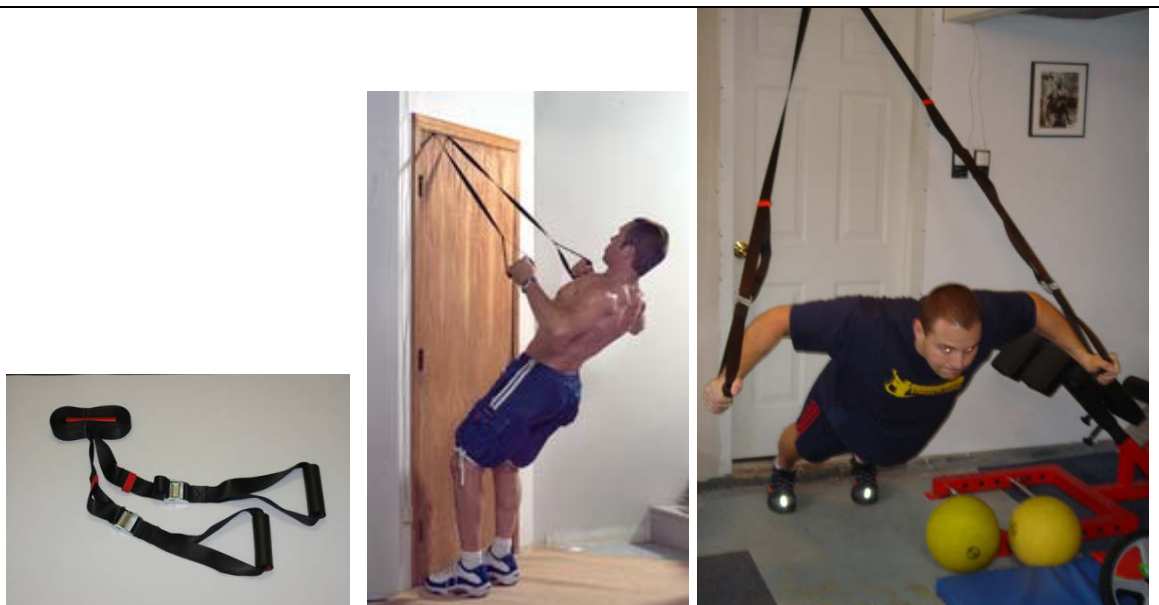
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<http://PicnicTableWorkout.com>

- The ultimate low budget fitness training tool that delivers BIG results in fat burning and muscle building
- Excellent for convenient and highly effective workouts
- Over 30 workouts available for you to follow, step by step, guaranteed to build muscle and burn fat immediately!
- Bonus audio interview with Ryan Lee

## [The Jungle Gym 2](#)



- Take your Jungle Gym anywhere you go
- Highly versatile for the upper body
- Perform endless pulling, pushing and abdominal exercises
- Perfect for attaching to outdoor monkey bars, poles or pull up bars
- Adjustable to meet the individual needs of you or your clients

[Click HERE to get your Jungle Gym NOW!](#)

## [The Power Wheel](#)



**The Ultimate Upper Body and Core training device that will shred your abs  
and help you  
develop a set of 6 pack abs in no time!**

[In addition to the power wheel you will receive your FREE instructional DVD and Manual \(valued at \\$ 39\)!](#)

- Develop a rock hard upper body with the creative and challenging upper body exercises
- **Attack your core and upper body muscles like never before! Free weights will never work your body the way the power wheel does!**
- Develop six pack abs faster than ever before! These abdominal exercises pack on lean muscle faster than traditional core training movements!
- Extremely versatile for core and upper body training. You're going to love these unique movements that can not be done with free weights or in a traditional gym setting!
- **Allows you to get a complete upper body and core workout in only a few minutes! Perfect for the busy man!**

[Click HERE to discover all the benefits you will get once you begin using the power wheel!](#)

## [TNT Power Cables](#)

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<http://UndergroundStrengthCoach.com>



**Better Than Iron**  
**for**  
**Size \* Strength \* Power \* Consistency**

**Generates 0 to 240 Pounds Instantly!**

TNT is simply the most powerful resistance cable on the market. It is a 3 in 1 power cable and you can change from one cable to three in just seconds. So, if you are using the lightest cable, you can go from 30 to 60 to 90 lbs of resistance in seconds. Just as easy for the heaviest Lifeline TNT Cables - you can go from 80 to 240 lbs of resistance in seconds!

**How you can easily use the TNT Power Cables for added muscle faster than ever before!**

- The TNT came to life due to Lifeline's new patented 3 in 1 adjustable handles. These handles allow comfort and adjustability in just seconds
- Gives you endless possibilities with the most powerful, portable piece of exercise equipment ever made!



**Advantages you will get:**

- Perfect for all levels as it can grow in resistance with the progression in strength that the user makes
- Excellent for athletes as it can easily handle the extra powerful loads of resistance athletes want and need!

**TNT STANDARD** comes with three R4 5' plugged cables, two 3 in 1 Tri-Ad rotator handles and door attachment. Instruction manual by fitness expert Jon Hinds, former strength coach of the LA Clippers, will be included.

**DELUXE TNT** comes with all of the items as in the Standard unit, PLUS:

- Jogging belt 43"
- Carrying bag
- **FREE Bonus DVD:** Instruction video by fitness expert Jon Hinds (\$ 39 value)

**[Click HERE to get your TNT Power Cables NOW!](#)**