

Training Guide:

Grip Strength & Big Forearms

**TORQUE
BARBELL** INC.



@TORQUEBARBELL

WWW.TORQUEBARBELL.COM

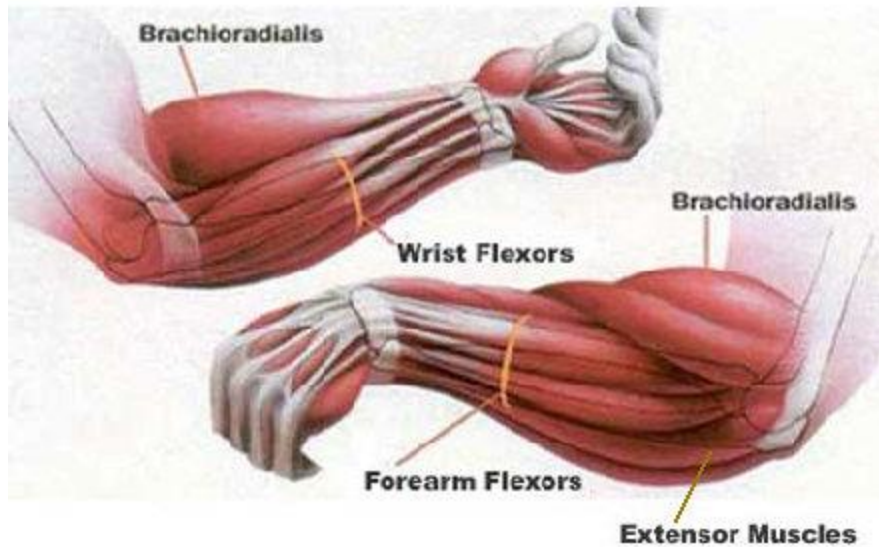
Before you embark on any physical fitness program, please consult a doctor.

This book may not be reproduced or recorded in any form without permission from the author.

Copyright 2019 © Torque Barbell Inc. All rights reserved.

INTRODUCTION

ANATOMY



The anatomy of our forearms and hands are very complex so we won't get into too much detail with muscle names – but more importantly, we will focus on movements, as well as grip strength.

FOREARMS

There will be two primary movement patterns which you can use with dumbbells, barbells, elastic bands, and grippers. These movements are wrist flexion and wrist extension.

Flexion is when you make a fist and try to put your palm on your forearm. Extension is when you try to touch your knuckles to your elbow.

Wrist flexion exercises will improve your grip strength the most, while extension exercises will give you noticeable size and a thick upper forearm near the elbow.

Frank McGrath and Flex Lewis have some of the biggest forearms in bodybuilding.



Wrist Flexor



Wrist Extensor

4 EXERCISES FOR MASSIVE FOREARMS

These will be performed in a superset of 4 exercises.

SEATED BARBELL WRIST CURLS



These can be done with your hands on your thighs or on a bench. Load a barbell with a weight that you can do for 20-30 reps. Curl your wrists up and squeeze everything from your hands to your forearms.

Allow your wrists to come back the starting point, but not allowing your hands to open or the bar to roll into your fingertips. Keep a tight grip through the whole set.

If you can do more than 30 reps, increase the weight.

BEHIND THE BACK WRIST CURLS



The next exercise is done seated with the bar under you, or standing with the bar behind you, and a double overhand grip. Similar to the above exercise, keeping a tight grip on the bar, curl your wrists and flex your hand upward.

Perform another 20-30 reps of this exercise.

DUMBBELL REVERSE WRIST CURL

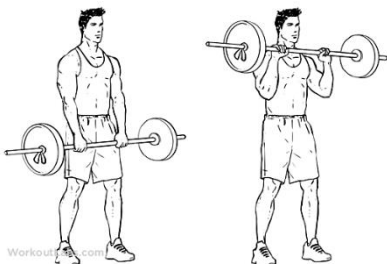


Now walk over to the dumbbells and grab a light dumbbell and set your hand on the top of a bench with your elbow bent to 90 degrees.

Extend your wrist upwards leading with your knuckles.

Aim for 10-20 reps per arm.

DUMBBELL REVERSE CURL/ HAMMER CURL



At this point your forearms are screaming, so grab either an empty barbell or a pair of 20lb dumbbells and start pounding out a mix of reverse curls and hammer curls until failure.

This is going to give you that massive upper forearm near the elbow.

After completing all 4 exercises, you've finished 1 set. Rest 1-2 minutes and bang out 3 more sets. 4 sets total.

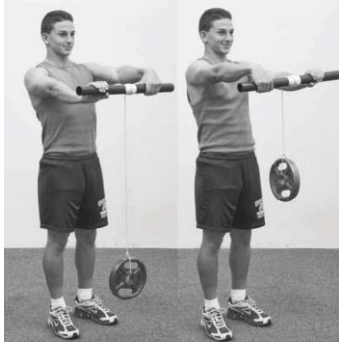
GRIP STRENGTH

First thing to say - is never use straps. If you want a truly crushing grip, do not use straps. Ever.

The next thing to say, is do a lot of shrugs and deadlifts. These are two of the best exercises to build your grip. Use a double overhand grip or alternating (under/over) in your workout. Mix it up.

Some other exercises to build your grip include:

WRIST ROLLER



You probably remember doing these in highschool with a hockey stick.

With a tight grip, roll the weight up to the top, then reverse the exercise and slowly lower the weight to the bottom. Don't let the weight drop, keep it controlled the entire set.

You can also use an underhand grip to work your flexors.

GRIPPERS



Grippers will give you absolutely crushing strength in your hands and forearms.

Get yourself a few different sets to start. **Captains of Crush** is the gold standard in grippers, so start with the Trainer, the #1, #1.5, and #2. Get some chalk and start repping.

DUMBBELL HOLDS

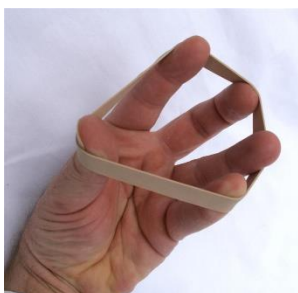


Dumbbell holds will bring up your finger strength and allow you to crush peoples hands with ease.

Hold the dumbbell in your fingertips until failure. Careful you don't drop it on your foot.

Time yourself.

RUBBER BANDS



Using a rubber band around the outside of your fingers, spread your hand open to build the top of your hands and extensors.

GRIP STRENGTH MACHINE



Another great tool if you have access to one in your gym is a plate loaded grip strength machine.

Load it up and pound out reps.

Vary your loads and rep ranges for both size and strength.

FREQUENCY

Training your grip can be done 2-3 days per week at the end of your workouts. Deadlift day, back day, and arm days are recommended.

Keep in mind that working your grip hard the day before a heavy bench day is probably not a good idea. Same goes for deadlifts as you won't be able to hold onto the bar.

These are the basics of grip strength and forearm training and have allowed me to rack pull 850lbs with no straps, for multiple reps, as well as 700+lb deadlifts. I have never dropped a lift or failed because of grip.

Besides not dropping a deadlift - having huge forearms and a crushing grip are just cool and an indicator of true strength.

- Dan Petkovsek