



## Grip Strength: How to Close Heavy Duty Hand Grippers, Lift Thick Bar Weights, and Pinch Grip Just about Anything (Paperback)

By Robert Spindler, Tommy Heslep

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Do you want a stronger handshake? Try grabbing the other s hand and squeeze his fingers as hard as you can. BUT: how about heavy duty gripper certification, deadlifting the Inch dumbbell, tearing decks of cards, or crushing raw potatoes? This will take a little more effort. Whether you aim for such feats or not, there s nothing wrong about learning from one of the world s best when it comes to grip strength: Tommy Heslep is one of only five people in the world who have certified for Ironmind s Captains-of-Crush #4 Gripper - and how many people do you know who can crush 12 raw potatoes in one hand within 15 seconds? In this comprehensive volume, stage strongman Robert Spindler teams up with Tommy to introduce you to the best equipment, the most effective exercises, and the most efficient routines to build a monster grip - while maintaining healthy hands. Learn about heavy duty spring grippers, the crushing grip, the pinch grip, thickbar training, endurance grip strength, mind-blowing feats of grip strength, and the individual training methods...



[READ ONLINE](#)  
[ 7.98 MB ]

### Reviews

*This book is definitely not effortless to start on reading through but extremely fun to learn. Better then never, though i am quite late in start reading this one. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- Aliya Franecki

*Comprehensive guide for ebook lovers. It is writter in simple words and phrases and never confusing. You are going to like how the writer create this pdf.*

-- Dr. Cullen Schmitt MD