



DIESEL CREW.COM
INNOVATIVE STRENGTH TRAINING FOR ELITE ATHLETES

PRESENTS:



GRIP TRAINING FOR MMA ATHLETES

by: Jedd Johnson, CSCS

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Introduction

The Grip is extremely important for mixed martial artists. It can help you take down an opponent, keep him down, and help you get the victory.

A strong grip can help you avoid a loss.

It can help you apply vicious holds, and help you control your opponent while you take the next step in your strategy.

This ebook is going to help you build the kind of Grip strength that will be a true asset on the mat and in the ring.

As soon as you get a hold on someone, they are going to know that you are no joke.

From the beginning of the match to the end, the vise-like strength your hands have is going to be in the back of your opponent's mind. He'll be thinking, "How do I get away from this guy?"

And when the match is over, he will be wondering how in the hell you got such brutally strong hands.

Let's not waste any time. Let's get started building Grip Strength.

Types of Grip Strength

Here is the thing about Grip strength. Even though you use your fingers and thumbs for all the different types of Grip strength, just because you are strong one way does not mean you will be strong in all the other ways. Grip Strength is very specific to the actual orientation and angles of the joints.

Let's start out with some definitions and categorizations of the most common types of grip strength that are needed for MMA.



Crushing is dynamic finger strength. The fingers move over a distance against resistance. Examples include squeezing hand grippers, crushing a soda can, or wadding up newspaper.

Clench Grip is very similar to crushing Grip. Generally Clench Grip is trained by gripping onto some sort of material, such as a towel or duffel bag, where the material is engulfed by the fingers, replicating the grip on a judo gi, for instance.



Pinching is thumb training. Generally the fingers and thumb oppose one another. The thumb might remain static, as in plate pinching, or it may be dynamic, such as when closing a clamp.

Supporting is static finger strength. For a lift to be true support grip, the fingers will bear the load, primarily. The thumb can assist. An excellent example is the grip on a Pull-up bar, where the fingers are sustaining the load, and the thumb loops over the finger tips to secure the grip.

Wrist Strength can be displayed over a variety of planes and positions. Wrist Strength can be displayed dynamically, where motion takes place at the wrist, or statically, where the wrist remains cocked in one position and movement takes place elsewhere.



Open Hand Training is where the grip being used does not allow any contact between the thumb and fingers.

Closed Hand Training is where the grip being used allows contact between the thumb and fingers. This would include both static positions (support) and dynamic positions (crushing).

Monkey Grip is when the thumb and fingers are positioned on the same side of the implement. This involves a great deal of forearm and wrist flexor activity, as the whole hand is working together, producing force in the same direction.



So, as you can see, you can break Grip

Strength down into categories. Grip can be Dynamic or Static, the Prime Movers can be the Fingers or Thumbs, the orientation can be either Open Hand or Closed Hand, and as you will soon learn, the nature of the exercise can be in varying degrees of Isolation or Integration.

With all of these different disciplines and categories to consider, it might seem hard to decide what aspects of grip training you should focus on. You might wonder, "Should I train for dynamic strength or static strength?" "Should I work on crushing, pinching, wrist strength?" "Should I do clenching or train Open Hand?"

In reality, the choice is much simpler than what it may seem.

In the next chapter, you'll learn about grip training specificity and carryover to your sport.

Grip Training Specificity for MMA

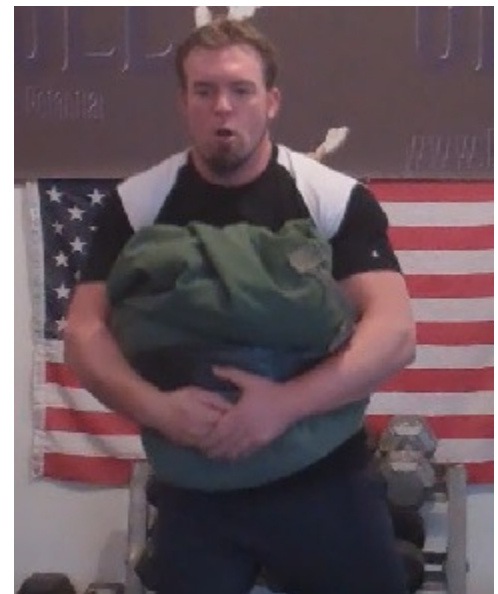
Any training you do, you want it to have a benefit for your sport. After all, it doesn't make much sense to do things that are not going to help you perform better.

Naturally, the most specific way you can train for your individual sport is by actually practicing the sport. Getting out on the mat and rolling with your training partners will help you learn holds, strategy, and help you figure out what your biggest areas of opportunities are for improvement.

However, at some point, in order to get stronger, it is a good idea to train with weights and other forms of resistance. Realistically, resistance training of any sort will never truly recreate the situations found in the ring perfectly. But we can do a pretty good job if we think hard enough.

For instance, if the athlete comes to the realization that one area of opportunity to improve is strengthening the hips so he can lift, throw and flip opponents easier, a sandbag of some sort can be a great way to do so.

The joint angles of the hips and knees, the postures of the back, and the wrap of the arms around the bag resemble picking up an opponent very well. Of course, the sandbag doesn't fight back or try to block your throws, so it isn't 100% accurate, but it is a fairly good representation of what you would encounter when facing an opponent. But since a great deal of sandbag training matches with what



is needed for MMA, it is said that sandbag training produces good carryover to the sport.

Adding sandbag training drills (and others that resemble the movements you do in your MMA sport) to your training program can help you make the best use of your time and bridge the gap between the weight room and the mat.

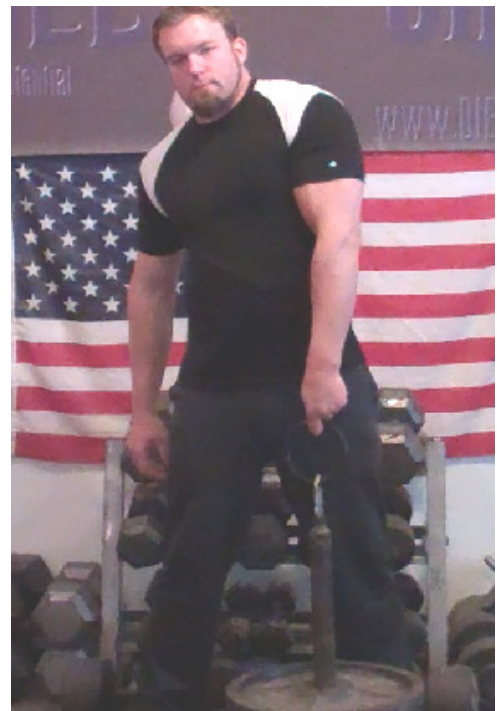
Grip Training is just like any other form of strength training. There are hundreds and thousands of ways to train the Grip, but not all of them are the best use of your time as an MMA competitor.

For instance, all Grip Training drills are going to help you develop better grip strength. The question, however, is how much actual benefit they will give you in the ring.

For instance, I can have you spend an hour doing One Finger Lifts, training each finger of the hand for a few sets of 2 or 3 reps.

But in the end, what did we accomplish by doing that? How often do you win a match with one finger? Last I checked, fish-hooking was outlawed in most of the MMA sports.

With this in mind, we would say 1 Finger Lifts don't have very good carryover to MMA, and therefore you don't want to invest much of your valuable time training Grip movements like this that are going to have such limited carryover to your sport.



This is what is very important to keep in mind when planning your Grip Strength training...

You gain the strength you train for.

In other words, the way you train your hands in the weight room is the way they will develop strength.

If you strengthen your hands the way they are used in a match, then your time is being invested wisely and you should see good solid carryover. You can look at video of your last fight and see what your hands were doing and this will tell you how you should train them. That way, in the next fight, they are stronger when you get into the same positions.

That is what carryover is all about. Making sure what you do in the gym goes with you to the mat and becomes an asset for you against your opponent.

With carryover in mind, here are the main categories of Grip Training. You need to take these into consideration when choosing grip strength training methods.

Category 1. Grip Replication

Grip Replication involves choosing methods of Grip Training that attempt to replicate, or closely mimic, the hand positions and other situations found in the actual MMA discipline the athlete plays.

This is just like the idea of training with the heavy sandbag. With Grip Replication, the lifts and drills used are chosen because they closely mimic the situation found in the sport.

For instance, judo players have to clench onto the gi that their opponent is wearing. This requires tremendous grip strength in that specific hand orientation.





Some lifters are in the habit of squeezing the plastic grippers from sporting goods stores over and over for countless repetitions while you ride the subway to work, read a book, or during commercials on the TV. Unfortunately, that is not going to help you very much in developing the grip strength you need to clench onto your opponent's gi!

When squeezing a gripper like that, the fingers are not in the same position as clenching a gi so the position specificity is not there. Plus, the time under tension with the gripper closed is nowhere near the amount of time your hands are under tension when grappling with an opponent and trying to lock them up in a choke using their own gi against them.

Instead, it makes much more sense to incorporate exercises such as Towel Rows and other drills where you have to clench down on towels and other similar materials in a clenching grip in order to develop hand strength that will carry over to the mat. Later on, you'll learn all about the drill below and many more that will help you build a clenching grip of iron.



Category 2. Grip Integration

Grip Integration involves choosing methods of strength training that involve the full body or multiple joints, while also testing the grip of the athlete.

Grip Integration is one step away on the specialization plane. In this category, you will most likely NOT be using these exercises to specifically target the Grip. Instead, the movement is targeting the upper body or the full body, but the grip component is modified somehow to challenge the grip even more.

For instance, Pull-ups are a great exercise for building and strengthening the upper body. They naturally tax the grip somewhat, just by having to hold onto the bar, but not an overwhelming amount.

In order to work the grip harder with Pull-ups, we can introduce a different handle form into the equation. For instance, towels, Fat Gripz, pipes, baseballs, softballs, and even kettlebells can be used to make Pull-ups absolutely VICIOUS for the Grip.



Towel Pull-ups



Fat Gripz Pull-ups

By adding the increased grip challenge into the Pull-up, through the use of a thicker implement, you are able to more closely mimic pulling positions and actions found in MMA sports, such as pulling on a wrist or ankle, or holding onto an opponent with a gut wrench. By training this way, Grip Strength is "integrated" along with the rest of the body.

Take note that when you challenge the grip more in these types of movements, you will most likely sacrifice the amount of weight you can lift or the number of repetitions you can perform. So, it's important to not over-work these kinds of lifts, because you don't want to actually reduce the amount of full-body strength you have.

Naturally, if you are worried about sacrificing repetitions on Pull-ups, once your grip fails, you can shake your hands loose and jump back up on the regular bar and bang out a few more reps. This kind of rest-pause and re-grip can be used with just about any exercise.

Category 3. Grip Co-operation

Grip Co-operation involves choosing methods of Grip Training that strengthen the entire hand, or large portions of it, all at the same time.

Some drills make the lower arm and hand work harder than others. They might require multiple aspects of Grip to fire all at the same time, or they might make the different components of the hand work in ways they don't normally have to. When these different aspects of Grip are trained all at the same time, it is called Grip Co-operation. Usually, drills like this incorporate Open Hand Training.

An example of this is Wrist Roller training, especially in the case where the wrist roller is thick enough to make the hand work in an Open Hand position, and when heavy enough resistance is used.

In my opinion, the best form of Wrist Roller Training is the Endless Wrist Roller. A thick PVC pipe is slid over the pin in the cage. A looped strap is placed over the pipe and a loading pin with weight added is hooked to the strap. From there, you turn it for a set time goal or until your fingers feel like they might fall off.



In this exercise, the grip is still fairly well isolated, since not much of the rest of the body is being taxed. However, because the implement requires an Open Hand grip position, the fingers, thumb, lumbrical muscles of the hand, the wrists, and the forearms all have to "co-operate" in order to produce the work.

This kind of wrist roller training will be a welcome change of pace for most lifters who are used to wrist rolling with a dowel rod or pipe and a string attached to weight that is held out in front of the body in order to roll the weight up. With the Endless Wrist Roller, you can move FAR more weight than you ever would be able to with old-school wrist rollers, plus your shoulders won't feel a thing. On the other hand, your forearms might just feel like they are going to blow up afterwards.

Category 4. Grip Isolation

Grip Isolation involves training individual facets of Grip Strength alone or mostly alone.

With Grip Isolation, the focus is primarily on one single function or discipline of Grip Strength, and there is little challenge for the rest of the body when doing the drill.

An example of Grip Isolation is plate pinching. For instance, if you line up two 25-lb plates together smooth-sides-out, and place the thumb on one side and the fingers on the other, this is a Pinch Grip. The objective is to squeeze the plates and lift them to lockout, then hold them for time.



Plate Pinches - 2x25's in Each Hand

This drill certainly makes the thumbs work hard, and of course the fingers and palm are active, but this drill does not require must of the rest of the body at all. Lifting 50-lbs is not much of a challenge for most people, and it does not test the arms, shoulders, back or legs in order to do Plate Pinching. Therefore, this drill fits squarely in the category of Grip Isolation.

The problem with Grip Isolation drills is that they do a poor job of replicating the situations encountered in MMA sports. This is because the Grip is not tested by itself in an MMA match. It is tested in conjunction with the rest of the arm and body. In most cases, it will be a better choice to opt for something at the other end of the scale, such as Grip Replication or Grip Integration.

Take note, Grip Isolation does certainly have its place in athletic training. For instance, if someone is rehabilitating an injury, such as a broken thumb, it is imperative to begin with Grip Isolation training once you are released. You will have to isolate the thumb through both dynamic and isometric training in order to strengthen it back up.

Incidentally, if you do ever take on a thumb injury, a great way to re-hab the thumb or any finger that has been injured, strained, or jammed, in my experience, is with a Sand Bucket.

Take a large bucket and fill it with several inches of sand. You then dip your injured finger/thumb into the sand and move it around in all planes. You can draw the



alphabet, write numbers, and bend and move the digit all over.

Do this until the digit is cramping up from so much blood pumping through it. All of this blood brings in fresh new nutrients, helping with the healing process and takes out waste.

For injury prevention purposes, it may also be necessary to include Grip Isolation in your training. For instance, many fighters and other MMA athletes struggle with tendon pain near the elbow and high forearm areas. Call it tendonitis, tennis elbow, golfer's elbow, whatever - this pain is annoying and can hurt your performance.

In many cases, elbow and high forearm pain like this is a result of weakness and neglect of certain muscles, specifically the extensors (the muscles on the back of the forearm that extend the wrist and open the fingers up), the muscles that rotate the forearm (the supinator and pronator muscles) and the muscles that assist in elbow flexion, especially during Reverse Curl movements, such as the brachioradialis and the brachialis muscles).

These three muscle areas around the elbow and high forearm are often neglected in training. This neglect leads to weakness and eventually causes pain and injury.

To prevent these injuries, Grip Isolation training is required to stimulate the extensors, rotators and elbow flexion assistance muscles. The strength ratios between the prime movers of the lower arms and these underlying muscles will never be equal, just like the strength ratios between the quads and hamstrings will never be equal, but they also don't have to be in order to prevent injury. All that is required is routine work that stimulates these areas and keeps their strength levels

where they need to be. My favorite drills for lower arm injury prevention are included later on in this ebook.

Also, if you feel that you have any glaring weaknesses in the lower arm or hands, it may be necessary to put time in to address them through targeted Isolation training of the movement pattern. For instance, if your wrist is always giving way to your opponent in different arm locks, it might be necessary to strengthen the movement pattern either through dynamic or isometric isolation exercises. Direct work in the form of Grip Isolation is usually the best way to correct blatant weaknesses.

As you can see, there are lots of ways to train the grip. Some of these ways involve movement only in the hands and forearms. Other ways involve much more engagement throughout the rest of the body. What you choose for your training depends on your specific needs.

Now, let's look at some of the best Grip Training methods for MMA athletes.

Exercise Index

The Exercise Index is split up in sections based on the level of MMA Grip specificity that is being trained. First, is the section on Grip Replication Training and the movements will very closely resemble the scenarios found in MMA Sports. Next is Grip Integration, which will be drills for the full body or upper body where the challenge level of the Grip Component is enhanced. Next will be Grip Cooperation, where the movements will be working mainly the hands and lower arms, but multiple aspects of grip strength are being worked at the same time. And finally, we will look at Grip Isolation movements that focus almost entirely on the lower arms and hands and very little on the rest of the body.

Grip Replication Training

Grip Replication Training is a form of training that very closely matches the conditions found in the sport. The movement patterns and joint angles are very similar to what is found on the mat or in the ring, plus the grip component is intensified in some way. This section will cover some examples.

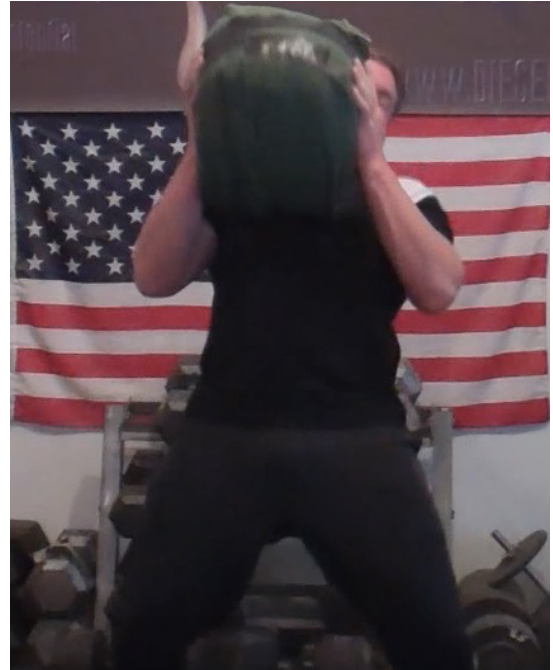
Sandbag Training

Sandbag training is one of the best forms of training you can do to replicate conditions in the various MMA sports, especially along the lines of controlling an opponent or throwing them. For example, the tight waste grip you would use when behind an opponent very closely resembles the kind of grip you would take on a large, unwieldy sandbag. Here are some Sandbag movements that are excellent for bridging the gap from the weight room to the fighting ring. As you go through this

section, remember that Sandbags and many other Odd Objects can be used to accomplished the same movements barbells and dumbbells are used for, such as Curls and Cleans.

Sandbag Cleans

Sandbag Cleans involve getting a nice tight wrap around the bottom of the bag while it is on the floor. This grip is called a monkey grip, because the thumb and fingers are beside one another. From there, the objective is to lift the sandbag all the way to chest height, just like you would a barbell or dumbbells. The sandbag used in the image to the right is an Army duffel bag filled with sand and gravel. This is the best kind of sandbag to use for grappling-style sports, because it requires the monkey grip.



Sandbag Shouldering

Sandbag Shouldering involves pulling the sandbag from the floor all the way to the shoulder. This is just a slight variation on the clean. Because the shoulder is a bit higher than the chest, more force must be used and more speed must be put into the bag in order to get it the whole way up.



Sandbag Bearhug Get-ups

Start with the bag on the floor and get a good solid grip on it with both hands. Pick it up to a standing bearhug position. From there, drop one foot back and lower your body down to one knee. Drop the other foot back so you are now on both knees. Now, work your way back up to a full standing position by kicking one foot forward, then the other and stand up, all the while maintaining your bearhug on the sandbag. Continue until your set is complete.



Sandbag Over Bar



You can take your training even closer to the kinds of forces that will be encountered in your specific MMA sport by lifting the sandbag over a bar. This will mimic picking up your opponent and then slamming them to the mat. Be sure to use the same kind of explosiveness and quick footwork you would use during the fight in order to make this training as realistic as possible.

While all that is shown in this section is Sandbag Training drills, other implements can be used. Feedbags filled with sand, heavy bags, and specially designed training dummies can also work for these drills and more.

Grip Integration Training

Keep in mind, Grip Integration training includes lifts, exercises, and drills that are primarily designed to work the body, but the grip component is modified in order to make it work harder. In this section are great examples of ways to work your body and grip together at the same time in order to ensure that you develop strength that will truly carry over to your sport.

Pull-up Grip Training

As noted earlier, a great way to employ Grip Integration training is by making the grip component of Pull-ups more intense by using a more challenging gripping implement. There are lots of ways to do this in order to make the grip work harder and make it stronger.

Keep in mind that when doing this, you will most likely lose a few repetitions in your Pull-ups. What you can do to gain them back is once you feel your grip beginning to slip, transition your grip to a regular sized Pull-up bar, or once you slide completely off, shake the hands free and jump back on the regular Pull-up bar for a few more repetitions.

Also, remember that if Pull-ups are proving too difficult to perform with these modifications, you can apply most of these methods to Pull-downs and Cable Rows.

Fat Gripz Pull-ups

I am a firm believer that [Fat Gripz](#) should be in every gym in America and around the world. They go on and off quickly and are made of durable rubber material, making them a safe investment. They can be pricey, but their



price pales in comparison to other thick bar solutions that are on the market, unless you make the thick bar yourself. Regardless, the important thing is that you must add in some thick bar work from time to time in order to strengthen the hands and train the hands for gripping with an open hand.

Axle Pull-ups

Another option for thick bar work is to perform Pull-ups on a thick barbell, also known as an axle, or a pipe. What's nice about performing Pull-ups on an axle is that when the grip tires, the hand slides somewhat. And once the hand moves out



of the optimal position, the axle will start to turn a bit, making it even harder to keep your grip on the bar. This is awesome and intense training.

Clench Grip Pull-up Training

The Clench Grip can be trained when performing Pull-ups as well. Training in this manner will make your fingers not only strong but very tough. Be forewarned, though. At first, clench grip training when doing Pull-ups can be very uncomfortable and even downright painful, depending on the material you train with. For that reason, it is a good idea to toughen the fingers by training Pull-downs for a time before moving on to Pull-ups later on.



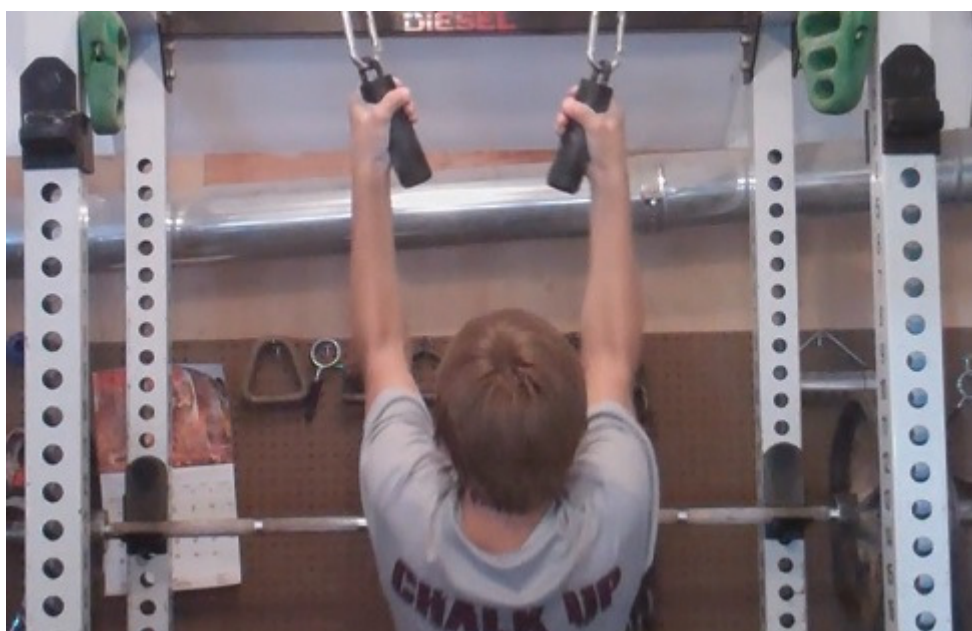
Perhaps the best way to train the clenching grip is by throwing an actual gi over the bar. That way, you're working with your actual sporting implement (if your sport uses gi's) and it becomes an even more sport-specific drill. Shown above is an empty army duffel bag. A pair of jeans works great too.

Tube Pull-ups & Grapple Grips



When grappling and holding onto an opponent's forearm or ankle, it is a hybrid grip position combining supporting, pinching, and open hand. It is considered supporting because the grip is static in nature. It is pinching because your thumb often ends up on the opposite side of the wrist or forearm from the fingers, and it is open hand because the fingers and thumb generally do not overlap. In addition, the wrist often ends up deviated, which can make it even more difficult to maintain a firm grip.

Luckily, we can train this hybrid grip quite accurately with tube grips, which are pipes hung from a pull-up bar. These are simple enough to make out of steel pipes, but they can also be purchased on-line.



Rogue Fitness makes a nice set of tube grips they call Grandfather Clocks. Also, there is an excellent top-of-the-line product out there called Grapple Grips that serves the same purpose if you don't mind the investment.



Grapple Grips are designed specifically for mixed martial artists to train with and come with a high quality rubber coating on the gripping surface, as well as ingenious hooks that loop over a Pull-up bar or even a barbell, kettlebell, or hook up to cable machine in an instant and come off just as fast when you are ready to remove them.

Towel Pull-ups

There are a few ways to use towels to make your Pull-ups more intense. First off, you can roll the towel around the bar. This turns the bar into a giant fat bar that compresses when you squeeze it, similar to the tissue of an opponent's forearm when you squeeze it.



Rolled Towel

Another way to use towels is to take two moderately sized towels and hang them over the bar. Then, in each hand, clench onto both ends of the towel (next page).



Clenching Separate Towels



Finally, with a nice thick towel, you can loop it up over the bar and then grip one end in one hand and the other end with the opposite hand.

All three of these methods are great and you can mix it up from time to time for the best grip development.

Ball Grip Pull-ups

Ball Grips force you into a monkey grip position, which makes the hands and forearms work much harder for each repetition. The ball grips shown below are the Grenades from



Rogue Fitness, but you can make Ball Grips out of a baseball or softball, by drilling a hole through the ball and inserting an eye-bolt.

Orb Pull-ups



Orb Pull-ups are some of the hardest you will ever attempt. These can be done by hanging a kettlebell from a Pull-up bar and hooking the hands over top of it in order to perform your reps. Shown to the left is the Rogue Cannonball. If you try one of these variations and it proves too difficult, remember that the kettlebell or

Cannonball can be attached to a cable machine or a sled in order to accomplish this type of Grip Integration Training.

Fat Gripz Grappling

Choke bands to a squat cage or other sturdy object. Snap Fat Gripz or some other kind of instant thick bar handles onto the bands. These will become your handles. Grab onto the Fat Gripz and begin pulling against the band tension throughout the set. Bands allow for many planes of motion, so you develop nearly unlimited functional strength.



Rope Pulling



Rope Pulling is a great drill for Grip Strength because the shoulders, back and arms plus the grip are all working hard to perform the work. This type of training is one of the best types of Integration training. Just hook your rope to a sled and start dragging.

Open Hand Training

Open Hand Training is any form of training where the implement is large enough that the fingers and thumb can not touch. In most cases, something about the size of a soda can is perfect for thick bar training of this nature. If you have smaller hands, feel free to use something smaller.

As far as options for thick bar training, the blue Fat Gripz handles are great for training of this nature and they can be purchased here: [Fat Gripz](#). These really are outstanding tools for adding grip training into your routine, and I recommend any athlete who needs serious hand strength get these.

Also, loadable dumbbells with thick handles can be bought. These are usually made of steel and are very heavy duty.

Here are several high impact exercises you can do with your thick bar implement.

Thick Bar Rows

Hold a thick barbell or thick-handled dumbbell and perform rows as you normally would. Feel free to take rest-pause breaks during the set if you need to.



Thick Bar Pull-downs

These are done just as you would normal pull-downs, only the gripping surface is thicker. Many companies market thick handled devices these days that can be used on Pull-down machines. Work them in on a regular basis to bring up your grip.



Thick Bar Clean and Press

Grip a thick-handled dumbbell or a thick barbell and pull it to shoulder height in one motion for the clean. Once to the shoulders, you can press the object overhead, then return to the floor for the next repetition. In the case of dumbbells, it is a good idea to alternate between the left and right hands each rep or two so that the hands don't tire out too quickly.



Clench Training

The Clench is the grip used when grasping onto an opponent's uniform. This can be trained in various ways. First, we'll look at some drills using a feedbag filled with sand, then we will look at how a Towel can be used.

Feedbag Assaults



Place the feedbag between the feet. Reach down and grab it with one hand. Pull it up and then release it into the air. Once it reaches a height around the rib cage or throat, re-grip it with both hands, attempting to dig the fingers into the bag violently and pause it at the top position for an instant. Then, return it to the ground for the next repetition. Start out light with this, as it can jolt the fingers if you're not used to it.

Feedbag Pops

Place a lighter feedbag on the ground in front of you and between the feet. Reach down with one hand and pull the feedbag off the ground. Release it and grab it with the other hand, digging the fingers into the material of the bag. Start out light with this, as it too can jolt the fingers if you're not used to it.



Towel Training

Towel Training is great for many reasons. First off, you can clench onto it just as you would an opponent's gi. Second, it mimics the grip that you would use when holding onto an opponent's wrist or ankle. This grip is a form of open hand support, because the fingers grip statically. But, it also trains the wrist somewhat as well, depending on the direction of pull of the movement.

Towel Rows



Wrap two towels around a barbell or one towel around a dumbbell for each hand. Grip onto both ends of the towel, and perform Rows. The range of motion may be changed somewhat due to the additional length of rope. You may have to stand on blocks in order to get the range of motion you want.

As you can see in the picture, I ended up a bit off center. If this happens to you, no big deal. Roll with it.

Towel Shrugs

Wrap two towels around a barbell or one towel around a dumbbell for each hand. Grip onto both ends of the towel, and perform Shrugs as you would with either a barbell or dumbbell. If your

towels are strong enough, you can really load up some heavy weight in this movement. Load it up and take your grip to another level.



Towel Curls

Wrap two towels around a barbell or one towel around a dumbbell for each hand. Grip onto both ends of the towel, like a handle for the barbell or dumbbells. From there, perform hammer curls, working as full of a

range of motion as possible. The force angles of this exercise are completely different from Shrugs and Rows and you'll notice it right from the beginning. At the top and bottom of the movement, it may become difficult to keep the wrist in neutral, but try to keep the wrist from breaking at these points if you can.



Monkey Grip Sandbag Rows

Straddle a sandbag or a heavy bag. Place both hands around and underneath it. From there, pull the bag up until it contacts the belly/chest and hold it for a 2-count. Return it to the ground and then pull it back up to the body. You're going to feel this big time in the wrist and lower forearms. Since the size of the bag abbreviates the range of motion, don't be afraid to go for double the repetitions here.



Heavy Bag Side Underhook

Pick up a sandbag or heavy bag and shift it over to your side/hip. Wrap the arm on that side underneath the bag and hold for time. Try to avoid leaning away from the bag, as it makes holding it easier.

This drill will strengthen your entire arm from the shoulder to the fingertips. Choose a time goal based on the weight of your bag to hold it in place.



Farmer's Walk

Farmer's Walks can be done with specialized Farmer's Handles, or dumbbells. They are a great form of training because they provide loading that tests the back and legs, as well as the upper back and the grip all at the same time. You can also make the Farmer's Walk even tougher on the Grip by increasing the size of the implement, whether with a thick bar implement or Fat Gripz Handles. If you don't have a lot of space to train Farmer's Carries, there is value in just picking the handles up and holding them for time. You can also load the implements up very heavy and perform sets of low-volume repetitions for even more of a limit strength model of training, as opposed to endurance.



Grip Co-operation Training

The drills in this section are moving away from body training and more toward focused grip training. However, there is still quite a bit of hand demand here, and the drills force the hands to call upon more than one individual form of grip strength in order to complete the movement.

Endless Wrist Roller



This is by far the best form of Wrist Roller I have ever done.

To assemble, place a PVC pipe over the pins in the squat cage. Place a strap over top of the PVC pipe, and hang a loaded pin from the strap.

The weight of the loading pin pulls the strap down, which makes the pipe compress against

the squat cage pin, creating friction.

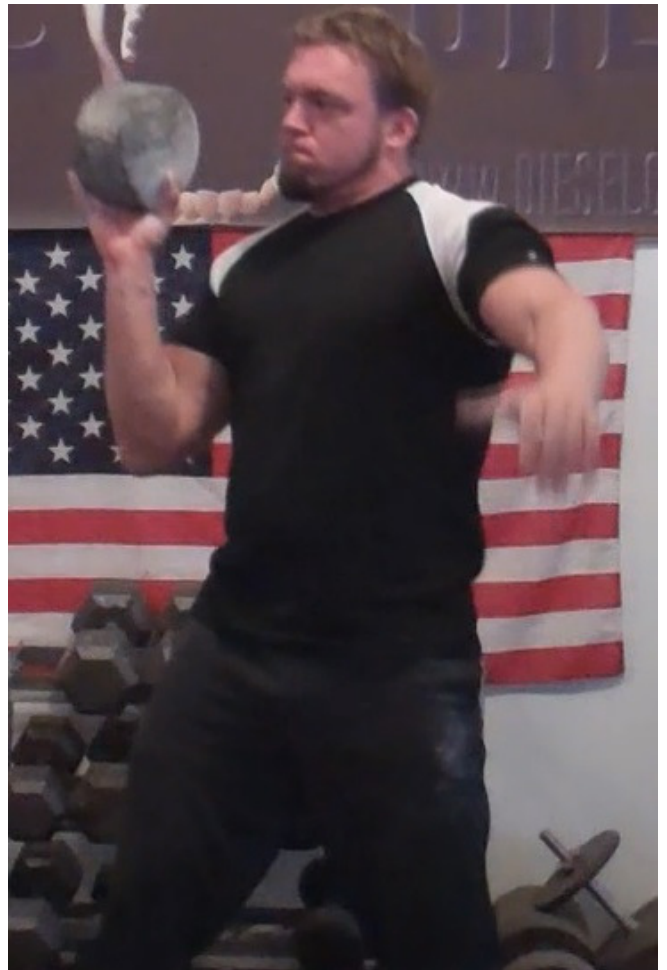
Turn the Wrist Roller in forward and reverse directions as quickly as possible over the course of a time limit. Bursts of 30 seconds work perfectly to blow up the grip and forearms. Place these last in your workout, because your hands won't be capable of much after Endless Wrist Roller.

Block Weight Cleans

A case can be made to place Block Weight Cleans in the Grip Integration section, but since the weights used are quite light, I placed them here instead.

Grip onto a block weight and pull it up to the shoulder in one motion. Returning the block to the floor is often much more difficult, so test this portion of the movement out. If you can't control the block weight with one hand, feel free to put both hands on it in order to return it to the floor and go for the next repetition.

Block Weights are any object shaped like a block. Most often, a dumbbell head is used, but stones and bricks would work just fine as well.



Block Weight Hand-to-Hand Toss

Pinch grip a block weight with one hand and then lift it upwards with speed. Release it in the air and then catch it in the opposite hand. Repeat for multiple repetitions.

This drill requires you to be able to activate your power grip with SPEED. If you can't turn it on in a hurry, you won't be able to hold onto the catch!



Block Weight Hula

Pinch grip a block weight and then pass it around the body, changing hands behind your back and in front of you. You can do this for speed with a lighter block or go heavier and be more deliberate. Be sure to work both hands and both directions equally.



Plate Pinch Around the World

Place two or more iron plates together smooth-sides-out and put both hands on them in an overhand pinch grip. Lift them off the floor and then begin turning them clockwise. Once you get back to the starting position, make a trip around the plates in the opposite direction. There are plenty of combinations for this lift ranging from 3- or 4- tens, to 2-25's, 35's or 45's.

Repeat for your goal number of trips around the plates.



Feedbag Taps



In a seated position, place a sand-filled feedbag at your side. Grip onto the feedbag with a clenching grip with both hands and raise the feet up slightly. Now, lift the bag up and bring it over to the opposite side of the body and tap it onto the floor. Keep passing the bag back and forth for the desired number of taps.

Go as heavy as you like on this drill to make your hands and your core work as hard as possible.

Feedbag Hula

Pick up a sand-filled feedbag and pass it around your body. Alternate between gripping on the neck of the bag and the body of the bag to make the drill even harder and make the hands stronger in a wider range of positions.



Towel Kettlebell Swings

This drill can be performed with one hand or two. The one-handed version will work the hands harder, while the two-handed version will allow more weight to be used.



Loop a towel through the handle of the kettlebell to form your handles. Be sure your towel is thick enough to handle the force of the kettlebell whipping through the air.

Sandbag / Feedbag Curls



Pick up a sandbag or feedbag with the hands on the ends. Dig the fingers into the bag hard and curl the bag for repetitions, just as you would with a barbell.

To make this even tougher, wrap a band over the feedbag so as you reach the top of the rep, it gets even harder to hold on and finish the rep.

Sledge Strikes

Sledgehammer Strikes are a perfect example of Grip Co-operation. The fingers are constantly crushing into the handle of the sledgehammer throughout the entire set. The wrists are engaged to direct the sledgehammer head where it needs to go, and the thumb is actively applying pressure to aid in all of this. For variety, sledge strikes can be done in different directions, including overhead and downward onto the tire, and at various angles against the side of the tire. They can also be done with just one hand or with two.



Sled Drag Grip Work

Sled Dragging is excellent for building the lower body and for improving your conditioning. However, many athletes miss out on the huge opportunity of working the grip in tandem with sled dragging. When you replace the standard pulling straps that are generally used with sleds with implements that intensify the grip component, it truly changes the game. If your grip is weak, sled drag grip work will correct it. Every single part of the grip must be up to par for this type of training. That is why it is a Grip Co-operation type of training.

Here are some great ways to build your grip strength using the sled.

Thick Grips are so important for building Grip Strength, it would be a mistake to not include them here. Shown above is a 2.5-inch PVC pipe that is just passed through the strap. These cost about \$5 from a hardware store.

Another super cheap method is with a nice thick towel. This allows you to work with an open hand, plus you get the clenching factor, and your wrist is aligned similarly to when you are pulling on an



opponent's arm or leg.

And finally, I give you one of the absolute most evil ways to train the grip through sled dragging. Below, a 24-kg kettlebell has been attached to the sled strap with a large carabiner. Now in order to pull the sled, you'll be pulling with a monkey grip. This is going to hit your fingers, thumbs, wrists and forearms hard. Plus, you'll feel it in the upper arms and torso as well, because there is an appreciable load placed on the biceps, shoulders and chest - **BRUTAL!**



Grip Isolation Training

There are literally thousands of Grip Training drills and variations of drills that could be added to this section. I chose the drills that I thought would be best suited for Mixed Martial Arts athletes.

Hanging Drills

While the goal should be to perform Pull-ups, Hanging Drills are great for a few reasons. First, in the case that an athlete can not perform Pull-ups on a given apparatus or tool, they can at least hang from the device and work their hands that way. Hangs can also be added onto another exercise in a pairing in order to perform more work inside the block of time available to train. Another way to make them work for you is to use them as loaded rest. That is, after a very demanding set, instead of sitting down or just standing around breathing heavy, you can reach up and grab onto a grip implement on the Pull-up bar and hang from it while you recover.

Thick Bar Hangs



These are done by gripping onto a thick-bar implement of some sort. Pictured here are Fat Gripz snapped right onto the chin-up bar. Also, an axle, a thick barbell, or a fat pipe, can be placed high up on top of a squat cage, on J-hooks or suspended from locking straps in the cage. From there, you just grip the thick-bar with both hands and hang.

Ball Grip Hangs



Ball Grips can be purchased online through various sources. Rogue Fitness sells a nice model on their website. You can also make them by drilling a hole through a baseball or softball and then running an eye bolt through it and securing it. From there, it is just a matter of rigging them to a Pull-up bar and gripping them, hanging for time.

Gi / Duffel / Towel



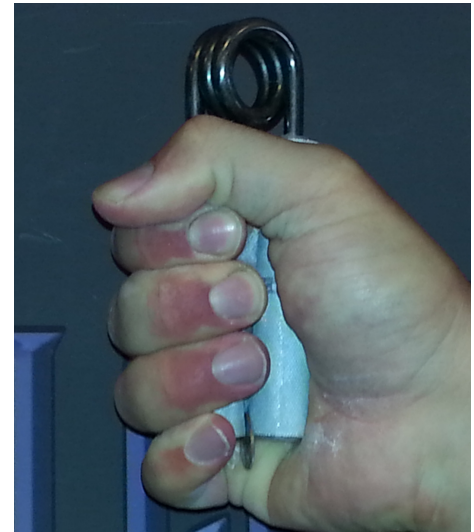
Loop an actual gi, duffel bag, jeans, or other material over a Pull-up bar and hang. Since you are just hanging, try to take a grip that resembles the way you'd hold onto your opponent's gi as closely as possible.

Crush

Crushing Grip is most often trained by using hand grippers. Unfortunately, most gripper drills are a poor use of time for MMA athletes. There are some though, that are worth your time.

Coin Holds

Close the gripper down and place a coin between the handles. Hold it shut for a timed goal. There are a few ways to do this drill. One is with a lighter gripper. Crush the handles down on the coin and try to hold the coin there as long as possible for maximum endurance. Another way is to use a heavier gripper and aim for 5 to 10 seconds. Also, in order to take the challenge up a notch, crush the coin with your light gripper, and try to hold as long as possible while also balancing on one foot, hitting a speedbag or heavy bag, or some other movement that requires concentration. See how well you can maintain the tension on the gripper necessary to crush the coin, while also being able to maintain smooth movement with the other task at hand.



Blast Force Closes

These closes are done explosively. The objective is to shut the gripper so hard and fast that the handles make an audible click sound when they touch. A lighter gripper should be used for this to allow for speed on the close. Go until the closes stop

clicking, because that means your hand is getting tired. If you can get more than 10 audible clicks, it might be time to move up to a slightly harder gripper.



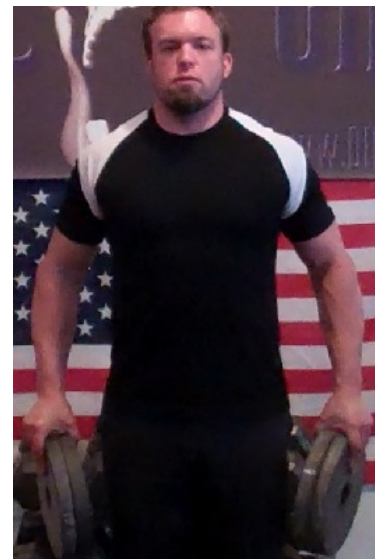
Pinch Training

Pinch training is the main type of training for the thumbs. Usually the thumbs will be on one side of the implement and the fingers will be on the other. Pinching can be done statically, where the thumb and fingers stay in one position, or dynamic, where they actually move. Following are some examples.

Plate Pinch Hold

The Plate Pinch Hold is a form of static pinch, which means the thumb is opposing the fingers, but the joint angles of the thumb and fingers do not change.

Plate Pinching is a great way to train pinch, because you most likely already have access to plates. Common one-hand combinations include 2-25's, and 3- and 4-tens.



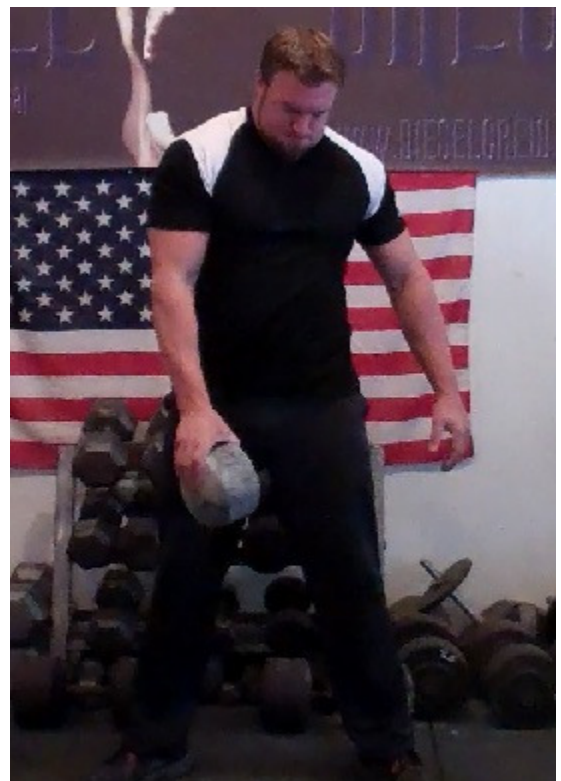
Common 2-hand combinations include 5- and 6-tens and 2-35's or 2-45's. Just apply your grip and then lift to the standing position and hold for time.

When the lift starts to get easy for you, you can graduate to a more challenging plate combination, or you can add weight to the Plate Pinch. You can do this by running a pipe through the plates and adding equal weight on each side, or feed a heavy chain through the center of the plates.

Block Weight Deadlift

Block Weight Training can be a very valuable form of training for any athlete because it forces the hand to work so hard. The beginner level of Block Weight Training is the Deadlift.

Block Weight training is done with objects that resemble blocks. Dumbbell heads are the most common. Other objects like chunks of iron, stones, etc. are also useful for this form of open hand training.



In the picture to the right, I am lifting one half of a 75-lb dumbbell. A good starting point for most people is something in the 25-lb to 35-lb range.

Dynamic Clamp Key Pinch

This is done with a carpenter's clamp, available from any hardware store. It is dynamic because your thumb moves during the movement.



Place your thumb on one handle of the clamp and let the other handle settle into the middle of the curled first finger. Now, try to close the clamp handles together by driving the thumb toward the index finger, sort of how you would grasp onto a house key. This exercise can be done for reps, or you can squeeze the handles together or as close as possible, and hold for time.

Wrist Training

The wrists can prove to be a weak point for some MMA athletes, so it is important to spend some time training them in isolation. A very effective way of doing this is with Sledge Hammer Levering. As you try these drills, remember that with sledge hammers you are dealing with leverage. Be sure to start out light with these drills and work your way up slowly.

Lever to Nose



Start with the hammer vertical and the arm outstretched. Lower the head down to the face/nose under control and then return to vertical. Feel free to choke up on the hammer as needed in order to perform repetitions.

Front Lever to Parallel



The hammer starts at your side, pointing downward and is then levered upwards to a parallel position. Feel free to choke up as needed in order to perform repetitions. You can also hold the hammer in position at any spot along the way to build isometric strength.

Straight Arm Forward Lever



With this maneuver, the sledge starts with the head pointed downward. The objective is to lift the hammer up to the front, parallel with the ground, keeping the hammer in line with the arm as much as possible. A very intense exercise, make sure you warm up thoroughly before doing this.

Rear Lever to Parallel



Just like the Front Lever to Parallel, the sledge starts with the head towards the floor, and then the objective is to raise it up to parallel with the floor with your wrist and hand strength.

Sledge Deadlift



The sledge starts out on the floor with the head pointing in front of you. You grip the sledge by the handle and try to lift it up to a full standing position, trying to keep it level with the ground. This is generally done for lower repetition counts because it is quite hard.

Weaver Stick



The sledge starts out on the floor, with the head pointed behind you. You grip the sledge by the handle and lift it up, trying to keep it parallel with the ground. This is generally done for lower repetition counts as well.

Forearm Injury Prevention Training

The drills in this section would be considered Grip Isolation drills, because they focus solely on the hands/forearms and for the most part individual grip aspects. In the case of injury prevention and recovery, Grip Isolation is important because it allows you to focus on specific aspects of the hands, wrists and forearms.

These drills work because they train movement patterns of the lower arms that are often completely neglected. These three movement patterns are Extension, Rotation and Reverse Elbow Flexion, or Pronated Elbow Flexion

Extension: Extension refers to two separate movements of the lower arm. First is the opening of the fingers. The next is the extension of the wrist backwards. Both of these movements are rarely trained. Unfortunately, that can lead to strength imbalances for the hand and wrist. It can also contribute to the risk of developing elbow pain such as Tennis Elbow, since the lateral epicondyle is the origin point for the muscles that extend the hand. Luckily, keeping these muscles primed and avoiding conditions like Tennis Elbow, requires only simple exercises that you will learn later on in this section.

Rotation: Forearm rotation refers to supination (turning the palm upwards) and pronation (turning the palm downwards). The forearm muscles involved in these movements, the pronator and supinator, are very small and generally get very little attention in a strength training program, leaving the door open for injury and imbalance. Luckily, these muscles, too, can be trained using simple exercises, shown later on.

Reverse Elbow Flexion: Most athletes do not perform much Reverse Elbow Flexion, which involves curling with an overhand grip. Reverse Curls are most often associated with bodybuilding, and so they are left out of many strength training programs. This is a shame because Reverse Curls train muscles that can become very sore, especially the brachioradialis and the brachialis muscles, from MMA competition. With just a few sets of Reverse Curls per month, these muscles can be kept in good condition, though.

Rubber Band Battery

The Rubber Band Battery is so called because it is three simple movements that are put together one after the other. To do the Battery, you wrap a rubber band around your fingers. I really like the #84 Rubber Bands from Staples. You can also get [HandXBands](#), a specialized piece of equipment that trains these movement patterns.

First is **Basic Extensions**. You just open your fingers and thumb against the resistance. You won't be able to open the hand fully with just regular rubber bands, but you will be able to with HandXBands. Do at least 20 reps here as a pre-exhaustion for the extensors.





Next is **Extension with Rotation**. On your last rep of Basic Extensions, keep your hand open and then rotate as far as you can through a comfortable range of motion in both pronation and supination. One time to pronation and one time to supination equals one repetition. Perform 10 reps.

Third is **Double Extension**. On your last rep of Extensions with Rotation, and with the fingers still extended in the open position, perform 10 repetitions extending the wrist. By the end of this battery, your wrists, forearms and elbows are on fire, BUT this is all you really need to do in order to train the extensors.



Reverse Curls



The best way to do Reverse Curls is with an EZ Bar, in my opinion. I say this because for some people straight bars cause pain, but EZ Bars do not. This is because they allow you to move without being in full pronation. Once you get a starting grip that is comfortable, then you just perform regular Reverse Curls, keeping the speed nice and controlled, so you can feel the muscles of the high forearm and elbow area

working. Between 10 and 12 reps are usually perfect, and not a lot of weight is needed.

Forearm Leverage Rotations

Leverage Rotations can be one with any tool that provides leverage. You can use a sledge hammer if you like or a regular carpenter's hammer. You can use a black iron pipe with weight attached at the end, or you can even use a broom. The idea is to work against resistance at the end of the device and rotate the arm back and forth through the pronation and supination positions. Just 10 reps in either direction is enough in most cases to stimulate the muscles that drive rotation and keep everything feeling good and strong.



In most cases, performing these exercises (Rubber Band Battery, Reverse Curls, and Leverage Rotations) a few times a month is all that is necessary. I would recommend doing the Rubber Band Battery between a couple times per week and up to once at the end of your workouts. The Reverse Curls can be done once per week at the end of a weight training session. The Leverage Rotations can be done once every 10 to 14 days. If all of these lifts are done on a routine basis, you should be able to maintain healthy lower arms.

Programming Grip Training for MMA

Programming Grip Work for an athlete of a sport like Mixed Martial Arts is pretty simple. You try to choose the exercises that give you the best return on your time invested and you try to improve your performance on them each time you do them, whether you increase in weight, do the same weight for more repetitions, or use the same weight and complete the drill more quickly or more smoothly. All of these mean you are getting stronger and eventually you increase the challenge level in some way.

What is generally not done is planning out several weeks of workouts with a specific progression built in. Since time is limited, there is not usually enough time to add in the same programmed grip work all the time.

Instead, what is usually done is one or two Grip Training movements are added into each session. That way, at least the Grip is being trained and stimulated. Specific progression models, charting, and immense detail are not nearly as important with Grip Work as it would be for a full body strength movement, such as the Squat, Deadlift or Clean and Jerk.

With this in mind, following is a workout plan you can implement where Grip is added into the program. This program assumes 3 days in the weight room. Day 1 is Upper Body, Day 2 is Lower Body and Day 3 is Full Body and Conditioning. For each workout day, I am adding in 1 or 2 Grip Training movements or drills.

Most of the time, these drills will be pulled from Category 1 (Grip Replication) and 2 (Grip Integration). These will usually be stand-alone drills done by themselves.

On some occasions, the drills will come from Category 3 and 4. In most of these situations, these will be exercise pairings done back to back with other drills.

Also, in some cases, the Grip Drill is so demanding that it can leave you wasted, so these will be used as workout finishers and will be done last or near the very end of your workout.

In addition to the Grip Strength Training drills, I will also plug in the Injury Prevention drills throughout the program as well. Doing these drills on a regular basis will keep your forearms and elbows healthier.

Program

Week 1

Day 1 - Upper Body

Pull-up Modifications (Open Hand)

Fat Gripz/Ball Grips/Axle/Tubes/Orb: 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Perform at the end of your workout

Day 2 - Lower Body

Farmer's Walks

4 sets of 1 for max distance or stationary hold time.

Use as an accessory movement for lower body.

Day 3 - Full Body / Conditioning

Sandbag Cleans

4 sets of 10

Use these as one of your primary conditioning exercises.

Week 2

Day 1 - Upper Body

Pull-up Modifications (Clenching)

Towel/Duffel/Gi - 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Do these at the end of your workout

Day 2 - Lower Body

Thick Bar Clean and Press

3 sets of 5 per hand

Use as 2nd exercise in an exercise pairing

Injury Prevention

Leverage Rotations: 2 sets of 10 each way

Perform at the end of your workout.

Day 3 - Full Body / Conditioning

Sandbag Shouldering

4 sets of 5 each shoulder

Use these as one of your primary conditioning exercises.

Week 3

Day 1 - Upper Body

Pull-up Modifications (Open Hand)

Fat Gripz/Ball Grips/Axle/Tubes/Orb - 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Perform at the end of your workout.

Day 2 - Lower Body

Farmer's Walks

4 sets of 1 for max distance or stationary hold time.

Use as an accessory movement for lower body.

Day 3 - Full Body / Conditioning

Sandbag Bear Hug Get-ups

3 sets of 10

Use these as one of your primary conditioning exercises.

Injury Prevention

Reverse Curls: 3 sets of 12 to 20

Perform at the end of your workout.

Week 4

Day 1 - Upper Body

Pull-up Modifications (Clenching)

Towel/Duffel/Gi: 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Perform at the end of your workout.

Day 2 - Lower Body

Hangs on Thick Bar / Ball Grips / Duffel, etc.

3 sets of max holds

Use as second exercise in a pairing with a multi-joint lower body exercise

Injury Prevention

Leverage Rotations 2 sets of 10 each way

Perform at the end of your workout.

Day 3 - Full Body / Conditioning

Sandbag Over Bar

3 sets of 3 to 5 reps for speed

Use these as one of your primary conditioning exercises.

Week 5

Day 1 - Upper Body

Pull-up Modifications (Open Hand)

Fat Gripz/Ball Grips/Axle/Tubes/Orb - 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Perform at the end of your workout.

Day 2 - Lower Body

Farmer's Walks

4 sets of 1 for max distance or stationary hold time.

Use as an accessory movement for lower body.

Day 3 - Full Body / Conditioning

Sandbag Cleans

4 sets of 10

Use these as one of your primary conditioning exercises.

Week 6

Day 1 - Upper Body

Pull-up Modifications (Clenching)

Towel/Duffel/Gi - 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Perform at the end of your workout.

Day 2 - Lower Body

Grip Isolation Exercise:

(Plate Pinch Holds, Gripper Coin Holds, Gripper BFC, Block Weight Lift)

Perform as a hold for time as a second exercise with another lower body exercise.

Injury Prevention

Leverage Rotations 2 sets of 10 each way

Perform at the end of your workout.

Day 3 - Full Body / Conditioning

Sandbag Shouldering

4 sets of 5 each shoulder

Use these as one of your primary conditioning exercises.

Week 7

Day 1 - Upper Body

Pull-up Modifications (Open Hand)

Fat Gripz/Ball Grips/Axle/Tubes/Orb - 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Perform at the end of your workout.

Day 2 - Lower Body

Farmer's Walks

4 sets of 1 for max distance or stationary hold time.

Use as an accessory movement for lower body.

Day 3 - Full Body / Conditioning

Sandbag Bear Hug Get-ups

3 sets of 10

Use these as one of your primary conditioning exercises.

Injury Prevention

Reverse Curls: 3 sets of 12 to 20

Perform at the end of your workout.

Week 8

Day 1 - Upper Body

Pull-up Modifications (Clenching)

Towel/Duffel/Gi - 3 sets of 10 total reps.

Do these as one of your main strength building moves of the workout. If you do not get all 10 reps with the modified handles, feel free to finish off your set on the regular Pull-up Bar.

Injury Prevention

Rubber Band Battery: 20/10/10

Perform at the end of your workout.

Day 2 - Lower Body

Sledge Levers

(Sledge Deadlift, Weaver Stick, Lever to Nose, Front to Parallel, Arm Forward, Rear to Parallel)

Perform two reps of each exercise in circuit fashion as a Workout Finisher

Injury Prevention

Leverage Rotations 2 sets of 10 each way

Perform at the end of your workout.

Day 3 - Full Body / Conditioning

Sandbag Over Bar

3 sets of 3 to 5 reps for speed

Use these as one of your primary conditioning exercises.

Other Products from Jedd Johnson

Block Weight Training (Jedd Johnson) - The first in the High Impact Grip Training Series, this DVD is the go-to resource for Block Weight Training. Showing you training methods and techniques for all forms of Open Hand Training, such as the Blob, Hex Blocks, Plate Pinches and Odd Objects, you will learn the absolute best ways to train for serious hand strength.

<http://www.thegripauthority.com/block-weight-training.htm>

Braced Bending (Jedd Johnson & Mike Rinderle) - This DVD will show you how to destroy EVERYTHING in your path. From frying pans, to steel bars, to horseshoes, and wrenches, Jedd and Mike team up once again to bring you everything you need to know on how to do odd object bending like a champion. It's fun to destroy things around the house - start today.

<http://www.thegripauthority.com/braced-bending-dvd.htm>

Call to Arms (Jedd Johnson & Joe Meglio) - Want to add size to your arms? Don't even try to tell me you don't. Just because you do strength training doesn't mean it's a sin to train the arms once in a while. In fact, it's better if you do because it will keep you safe and healthy. After all, what strength sport athletes have some of the biggest, strongest arms? Strongman Competitors. Ever see how many of them tear their biceps? Lots of pulling but no curling equals risk for tears. Don't let it happen. Get Call to Arms today.

<http://megliofitness.com/call-to-arms/>

Cadence Based Gripper Training (Jedd Johnson) - This is an 8-week Gripper Training Program designed around purposeful training and bringing up weakness in all the segments of the gripper closing technique. Includes a full program for both beginners and advanced gripper training, a log sheet, and more.

<http://thegripauthority.com/gripper-training-program.htm>

Card Tearing eBook (Jedd Johnson) – The Card Tearing eBook is loaded with techniques you can use to build the hand strength to start doing serious damage to a deck of cards. With the extensive exercise index, designed to build strength in all the components needed for card tearing (strong wrists, fingers and thumbs), in no time flat you'll be ripping stuff up!

<http://www.cardtearing.com>

CRUSH: Total Gripper Domination (Jedd Johnson) - This product explores every aspect of Gripper Training you need to know in order to improve your crushing grip strength and even certify in the major gripper certifications. Be amongst the best in the world once you watch this awesome video. Normally an on-line DVD, but you can also upgrade to the hard copy as well.

<http://www.thegripauthority.com/gripper-dvd/crush-dvd2.htm>

Deceleration Training to Prevent ACL Tears (Jedd Johnson & Jerry Shreck) - One of the most common season-shortening and career-ending injuries in the morning is preventable - the ACL Tear. In this DVD, you will learn the time-tested protocol Jerry Shreck conducts with his athletes at Bucknell University that has helped drive his ACL injuries down and keep them down for over 8 years. <http://dieselcrew.com/ACL/deceleration-training.htm>

Fixing Elbow Pain (Jedd Johnson & Rick Kaselj) - For people who train hard in the gym like us, one of the most common injuries that sets back out training is elbow pain: tendonitis, tennis elbow, golfer's elbow, epicondylitis - call it what you will. But one thing is for certain, once you get it, it can be tough to get rid of it. With this product you will learn how to rehab your elbow pain to get back to pushing the big numbers in the gym, and you'll learn how to keep it from coming back. <http://www.fixingelbowpain.com>

Fix My Wrist Pain (Jedd Johnson & Rick Kaselj) - For people who train hard in the gym and have found themselves with nagging wrist pain. This ebook includes a full rehabilitative section by Rick Kaselj, as well as a section on Wrist Pain Work-Arounds and other preventive and pre-hab information by me. <http://www.fixmywristpain.net>

Grip Training for MMA Athletes (Jedd Johnson) - The grip is extremely important for Mixed Martial Arts. It can mean the difference between victory and defeat. It can allow you to get in your opponent's head from the instant you get your hands on him. And it can allow you to apply vicious holds that will have them fearing you before you're even face-to-face. This ebook shows you how to make your hands lethal weapons for MMA competition. <http://www.dieselcrew.com/MMA-grip-training.htm>

Hammering Horseshoes (Jedd Johnson & Mike Rinderle) - Learn how to perform the feat of strength that has stood the test of time, Horseshoe Bending, from the Leaders in Grip Strength Feat Instruction, Napalm Jedd Johnson and The Beast in the East, Mike Rinderle. Discover horseshoe progressions, how to wrap shoes for protection and how to kink, sweep and crush them into heart shapes. Why would anyone NOT want to bend horseshoes? <http://www.thegripauthority.com/horseshoe-bending-dvd.htm>

Home Made Strength DVD (Jedd Johnson & Joe Hashey) – Download the online DVD and immediately learn how to construct 8 bad-ass pieces of equipment that cost a fraction of the price and will last you for years. Build strength without breaking the bank. <http://www.homemadestrength.com>

Home Made Strength II: Grip Strength Edition (Jedd Johnson) - It's time to build up your grip strength so you can start benefiting from having a set of strong hands, wrists and forearms. All you need to do is add some equipment to your arsenal, and I will show you how to do it on the cheap. Get ready to develop a world class grip strength and build fun and rewarding grip tools that will last you for years. <http://www.homemadestrength.com/homemadegrip.htm>

How to Make Atlas Stones with Slater Stone Molds (Jedd Johnson & Steve Slater) - Let Steve Slater, the man who has made more atlas stones than anyone else walking the Earth, show you exactly how the process is done. He will show you live all the ingredients you need for stone making, plus give you all of the hints and tips he has developed all of the years for making top quality atlas stones that you can be proud of in your training. <http://dieselcrew.com/how-to-make-atlas-stones.htm>

Introduction to Strongman Training (Jedd Johnson & Steve Slater) - Learn the basic techniques of some of the most common and beneficial events in the sport of strongman. With this DVD, you can be confident you are being taught proper form and mechanics by two great strongman teachers, Jedd Johnson and Steve Slater, two men with over 20 years of Strongman Experience between them. <http://www.dieselcrew.com/strongman-training.html>

Lever Bigger Hammers (Jedd Johnson) - This was the workout of the month for June, 2013 and it is based around sledge hammer levering, specifically Vertical Levering, where the hammer is taken from the vertical position, to the nose, and back up. This workout and these techniques helped me finally lever a 16-lb hammer and it can help you get there to.

<http://dieselcrew.com/lever-bigger-hammers.htm>

Lift the Blob (Jedd Johnson) - One of the most famous Grip Challenge items, the term, "Blob," was coined by Richard Sorin, when he set out to lift his half 100-lb original-style York dumbbell head in a Pinch Grip. The first one to do so, he was the first to discover the highly beneficial training method of Block Weight Training. This ebook shows you how you can train to Lift the Blob, too, even if you have small hands, and even if you don't own an actual half-100lb Blob.

<http://www.thegripauthority.com/lift-the-blob.htm>

Nail Bending eBook (Jedd Johnson) – This is the most complete reference on nail, bolt, and steel bending that exists. All of the major techniques are explained, including Double Overhand, Double Underhand and Reverse, as well as other lesser known techniques. This eBook is over 180 pages of instruction, including a 60+ page exercise index that will turn your hands, wrists and lower arms into steel bending weapons. <http://www.TheGripAuthority.com/bending.htm>

Nail Bending: How to Melt Steel with Your Bare Hands (Jedd Johnson) – Picks up right where the Bending eBook left off. Complete technical demonstration of the three major Bending Techniques as well as information on strength building, injury prevention, and MORE.

<http://www.thegripauthority.com/nail-bending-dvd.htm>

Napalm Pinch: How to Dominate the Two Hands Pinch (Jedd Johnson) - This DVD shows you everything you need to know to take your Two Hands Pinch training to the next level. With information on Technique, Hand and Device Prep, Drills, and Contest Programming, you'll learn the ins and outs of Two Hands Pinch training from the man who held the World Record in the lift for close to 5 years. <http://www.thegripauthority.com/NapalmPinch/two-hands-pinch-dvd.htm>

Phone Book Mass Destruction (Jedd Johnson) - You've seen the performing strongman doing the classic feat of strength of phone book tearing. To do this feat legitimately, it requires a keen balance between strength and technique. Unfortunately, most of the big time performers do not want to share their secrets for either of these facets, but with Phone Book Mass Destruction, I will show you multiple techniques for tearing phone books, plus how to train the hands, wrist and forearms in order to not only wreak havoc on phone books, but also to bring up your lifts in the gym. <http://www.thegripauthority.com/phone-book-tearing.htm>

PUSH and CRUSH (Jedd Johnson) - The May 2013 Workout of the Month shows you how to combine Upper Body Push Training with Gripper Training in order to take your gripper performance to new heights. This method was shown to me by Paul Knight, one of the best Gripper Closers in the United States: <http://thegripauthority.com/push-and-crush.htm>

Road to the Record DVD (Jedd Johnson) – This Documentary shows you the exact Pinch Training I did from October to December of 2009 when I broke the record in the Two Hands Pinch. http://www.dieselcrew.com/road_to_the_record

Stone Lifting Fundamentals DVD (Jedd Johnson) – This DVD covers everything you need to know to safely add stone lifting to your training repertoire. Designed to benefit strongman competitors, strength coaches, and strength enthusiasts, we cover the basics of stone lifting as well as advanced stone training techniques. <http://www.dieselcrew.com/stone-training/>

The Grip Authority Instructional Site (Jedd Johnson) – Be a part of a community with monthly video lessons and workout plans for performing feats of strength and developing strong hands for all sorts of athletic endeavors. <http://www.thegripauthority.com>

Ultimate Forearm Training for Baseball (Jedd Johnson) – The complete resource for forearm and grip training for baseball. Hit more home runs, hit for a better average, add velocity to your fastball, and increase your injury resistance by training the lower arms the RIGHT WAY!

<http://www.advancedbaseballtraining.com/forearmtrainingforbaseball>

Ultimate Sled Dragging Manual (Jedd Johnson) – Sled dragging is a very beneficial type of training for athletes because of its potential to develop strength, power, speed, and to support restoration. Within this manual, we define dozens of sled dragging exercises which will bring a variety to your sled dragging that you never thought was possible.

<http://www.dieselcrew.com/dieselsled.htm>

The Wrist Developer (Jedd Johnson) - The Wrist Developer, made by David Horne's World of Grip, is a great tool used to train for wrist strength for reverse nail bending, and it is used in Grip Contests as well. This DVD shows you how to get the most out of the device, both for developing wrist strength for reverse bending and for finishing as high as possible in contests.

<http://thegripauthority.com/wd/wrist-developer.htm>

Yoketober (Jedd Johnson) - Do you want to build bigger traps? Get a thicker upper back? Rounder shoulders, meatier triceps and just plain cast a bigger, wider shoulder? Then you need to do some specialized YOKE TRAINING. The Yoke is the back of the upper torso: the traps, the upper back, the posterior delts and the triceps, and in this program, you'll attack every part of the Yoke every single day of the month, the whole time tracking your goals and seeing how big of a monster you become by the end of the month. <http://dieselcrew.com/yoketober.htm>

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