

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>