



Rockin' Rolling Thunder Workout

Thanks for subscribing to the Grip Authority.com. For this workout, this is what you'll need.

- 1 Rolling Thunder Deadlift Handle (or other Rotating thick grip handle)
- 1 Loading Pin
- 1 Carabiner
- 2 Blocks
- Weights

The objective of this workout is to develop thick bar strength.

We'll be using the IronMind Rolling Thunder Deadlift Handle as our primary implement this month.

If you do not own a Rolling Thunder (RT), then check out DieselCrew.com here: <http://www.dieselcrew.com/how-to-make-rotating-thick-grips/>

Part 1 – WARM-UP

Remember to start general and then work toward specific. I like to do a thorough full body warm-up to get my core temperature up and promote circulation outward through the arms.

From there, try some light sets on the RT to make sure your hands feel good as well as your shoulders, back and neck.

Part 2 – ROLLING THUNDER MAX EFFORT

PURPOSE: Max effort

Don't forget to work both hands here and make sure to write down your best legal lift for each hand. You will need this number later on.

Do 12 sets here. Start out with a comfortable weight and then add weight each time. Ten pound jumps should work at first followed by 5 pound jumps. Find your MAX, and then go heavier, breaking the weight off the ground. Once you hit the 12-set mark, it is time to move on to the next lift.

Part 3 – ROLLING THUNDER THUMBLESS TRIPLES

PURPOSE: Volume work focusing more heavily on wrist and finger strength.

Again, make sure to work both hands. You do not want imbalances, especially if you plan on performing in front of an audience or if you plan on competing later on down the road.

Do 6 to 8 sets. Start with 50-75% of your 1 Rep Maximum (established in the first exercise). Add about 10 lbs or so at the beginning, but if you fail to accomplish 3 repetitions, then back down again. Remember, we are shooting for volume here to hit the wrists and the fingers hard.

If you are not sure of how to figure your percentage, just multiply your maximum lift (in the first exercise) by the given percentage.

MAX =	100	120	140	160	180	200
50-75% =	50-75lbs	60-90lbs	70-105lbs	80-120lbs	90-135lbs	100-150lbs

Part 4 – ROLLING THUNDER SWINGS

PURPOSE: Dynamic Grip Integration in a full body movement (full body athletic movement with grip as a limiting factor in the weight being lifted)

In the video, I miss-spoke once and suggested 3 sets, but I think for the weight being used it will be best to perform more volume, so I do suggest 6 to 8 sets of 6 to 8 repetitions.

For the weight, I suggest using 50to75% of your 1 Rep Maximum.

MAX =	100	120	140	160	180	200
50-75% =	50-75lbs	60-90lbs	70-105lbs	80-120lbs	90-135lbs	100-150lbs

Part 5 – BEYOND-THE-RANGE HOLDS FOR TIME

PURPOSE: Open Hand Endurance

Perform 4 sets, holding the weight at lockout for as long as possible.

Remember, if you let the RT slip out of your fingers, it can hurt, so be careful with that, until you are conditioned at the ends of the fingers. I suggest you ride the RT back down to the floor until you get used to the stresses.

If you are holding the weight off the ground for longer than 30 seconds, your endurance is probably pretty good. Go ahead and throw another 10 lbs onto the loading pin.

Once this set is done, you are done with your Rolling Thunder work. Now, it is time to do some stretching to get rid of any cramping. Also, do your recovery and hand health techniques with some shot rotations, stretching and some contrast bathing, and you'll be ready to go for the next workout.

If you have any questions, please leave a comment on the site, or hit me up at jedd.diesel@gmail.com. Thanks again for subscribing and I look forward to working with you to help you accomplish your goals.

OTHER PRODUCTS OF MINE

The Nail Bending eBook – 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. **Only \$39.97!**

<http://www.TheGripAuthority.com/bending.htm>

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