



As an unannounced bonus for this week's giveaway, I am also including a complete list of all of my YouTube videos. If you'd like to subscribe to my channel, you can do so here: [Jedd Johnson's YouTube Channel](#).

How to Use This Resource

Anytime you want to see how a lift is done, get an idea for a workout, or if you have a question, open up this document and hit the Control key (Ctrl) and the letter F key at the same time. This is the find function.

This can help you find high quality demonstrations of how the lifts are done or answers to your much needed questions.

For example, if you'd like to know How to do the Farmer's Walk, you would hit Ctrl and F at the same time and then type into the box the word *farmer*. You can then scroll through the document very quickly, find what you are looking for, and then click a YouTube video link to go view the demonstration or explanation or whatever it is you need.

If you can not find it here, please let me know. I want to make my channel as valuable as possible to you, so if there is a training question you have, please email me at jedd.diesel@gmail.com or simply to go my channel and leave a question in the comments section.

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The Truth about Support Grip Training

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What Are Grade Bolts

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Blob Snatch – Snatching the Blob

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Inverted Gripper Training

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Building a Double Sledge Hammer Implement

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Original Blob Deadlift by the Face

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Lifting the Half 115-lb Block Weight -
<http://www.youtube.com/watch?v=GC5GIpwmMJE>

Bending a Grade 5 Bolt Wrapped in Towels - <http://www.youtube.com/watch?v=By-ykXmfftQ>

Bending a Bar in a Lifting Strap - <http://www.youtube.com/watch?v=w5kayVZuDqY>

Fire Walk with Me - 8.26.09 - <http://www.youtube.com/watch?v=KSLa9IKlybA>

Fire Walk with Me – Arms - <http://www.youtube.com/watch?v=ISQK9KwYXAs>

Fire Walk with Me - 8.10.09 - <http://www.youtube.com/watch?v=b1RKU1DvGDQ>

Fire Walk with Me - 8.5.09 - <http://www.youtube.com/watch?v=EuQj0ewlZSs>

Fire Walk with Me – Upper Body and Grip -
<http://www.youtube.com/watch?v=V1ZnaaPwYko>

Training at My Place – Grip Stuff - <http://www.youtube.com/watch?v=vBjIZ4r9mg0>

Training at My Place – Part Two - <http://www.youtube.com/watch?v=OPfMsAShS3U>

Training at My Place – Part One - http://www.youtube.com/watch?v=QU9Dk_IWwf0

Card Tearing Many Years Ago - <http://www.youtube.com/watch?v=Xgfp38RE438>

Fire Walk with Me – 7.26.09 - <http://www.youtube.com/watch?v=Eyh32Q8FR04>

Fire Walk with Me – 7.15.09 - <http://www.youtube.com/watch?v=Bii5FrR6MkM>

Fire Walk with Me - 7.11.09 - <http://www.youtube.com/watch?v=b1ANf5M-usA>

Gripper Drop Sets - <http://www.youtube.com/watch?v=hBgwZTYCJAY>

Functional Movement Screen - <http://www.youtube.com/watch?v=d3qOSDjebE8>

Strength Training Workout - Grip Strength Workout -
<http://www.youtube.com/watch?v=aElveyh9bfw>

Strength Training Workouts – Floor Press and More -
<http://www.youtube.com/watch?v=VnoBz6bKGrE>

Speed Bag Hitting - <http://www.youtube.com/watch?v=zbqLnaYB3Rk>

How to Hit the Speed Bag Like Rocky -
<http://www.youtube.com/watch?v=86CpWyJxeDQ>

How to Hit the Speed Bag – Linking Puinches -
http://www.youtube.com/watch?v=hOTzM8ln_R8

The New Garage Gym - <http://www.youtube.com/watch?v=btD-GMyq7g8>

Medley Event at Metroflex - <http://www.youtube.com/watch?v=UhNzgLIGJGM>

Blob Plus 20-lbs - <http://www.youtube.com/watch?v=CWxCzU26ln8>

241 on the Two Hands Pinch - <http://www.youtube.com/watch?v=ogTe9Qgwdsc>

Snatching the Beast (106-lb Kettlebell) with Wool Gloves On -
<http://www.youtube.com/watch?v=XjX1spiJKnw>

New US Record in the Two Hands Pinch – 246.49-lbs -
<http://www.youtube.com/watch?v=01LSEEO03H0>

Two Hands Pinch Training – 245-lbs -
<http://www.youtube.com/watch?v=hWnZqKFT7us>

Strong Hand Strength Training - Shot Tossing for Dynamic Power -
<http://www.youtube.com/watch?v=dwkrBhHqfdc>

330-lbs Jerk out of Cage - <http://www.youtube.com/watch?v=8MVYdgXVqUc>

Speed Bag Training – Quadruple Elbow Strike -
<http://www.youtube.com/watch?v=PQDu4mXhEww>

Extensor Thumb Work - <http://www.youtube.com/watch?v=C4PdfMz9ZYE>

Titan Telegraph Key – Negatives - <http://www.youtube.com/watch?v=cJHhq0dIUgW>

Titan Telegraph Key - Inverted Grip - <http://www.youtube.com/watch?v=W1laPJgXqVo>

Tital Telegraph Key – Holds - <http://www.youtube.com/watch?v=IKX6MMLumco>

Titan Telegraph Key – Wide Start position -
<http://www.youtube.com/watch?v=j6zYoapXsfc>

Titan Telegraph key – Abbreviated Range of Motion -
<http://www.youtube.com/watch?v=5V9ZCd1oyrc>

Titan Telegraph Key – Normal Range of Motion -
<http://www.youtube.com/watch?v=OGu98HRCQKY>

Multi-Planar Thumb Work - <http://www.youtube.com/watch?v=Mfjz5gOIl20>

Static Pinch – Lifting Two 45's - <http://www.youtube.com/watch?v=hkpsjHGKuRA>

World Record Pinch Equipment Failure -
<http://www.youtube.com/watch?v=ttCCVz1vIc>

6 Dimes Pinch - <http://www.youtube.com/watch?v=LNN90UDUCMc>

Double Original Blob Lift - <http://www.youtube.com/watch?v=mTGcyiLqNoo>

A Few Reverse Style Bends - <http://www.youtube.com/watch?v=2SIDwtOgr44>

Pinch World Record Attempt - <http://www.youtube.com/watch?v=dd0S2iLIS5c>

My First Red Nail Bend - <http://www.youtube.com/watch?v=jLymDehQapw>

Giant Kettlebell Flipping - <http://www.youtube.com/watch?v=FkRMbIqL8H0>

BBB-3 Medley Event - <http://www.youtube.com/watch?v=qPPgz3U-2Ps>

The Plowlift - <http://www.youtube.com/watch?v=C84GT8EwDgI>

Diesel Crew Weekend Workout - <http://www.youtube.com/watch?v=fp-WRhG6DwE>

Diesel Crew Gripper Training Footage -
<http://www.youtube.com/watch?v=kCtTwPEbaKA>

Speed Bag String - <http://www.youtube.com/watch?v=U3GkhtysDQ0>

Post GGC 2007 Feats of Strength - <http://www.youtube.com/watch?v=PLWtRrYoIac>

Closing the #3 Gripper with Both Hands -
<http://www.youtube.com/watch?v=Iz7IhYqJfQg>

Speed Bag Clips - <http://www.youtube.com/watch?v=vBuXwGkMPnE>

TPS Grip Assault Footage - <http://www.youtube.com/watch?v=2dbUqvXGMBc>

Half 60-lb Globe Dumbbell Lift – The Glob -
<http://www.youtube.com/watch?v=actTMbkKVkg>

Nail Bending eBook - <http://www.youtube.com/watch?v=lfvChW4G4Ao>

Half 120-lb Block Weight Lift - <http://www.youtube.com/watch?v=2lzPKVZlrxI>

Applying eastside Method to Grip Training -
<http://www.youtube.com/watch?v=q8yV6aUsXuM>

Diesel Crew Overhead Work - <http://www.youtube.com/watch?v=AhJgQ7IFyXA>

Atlas Blob Loading Medley - <http://www.youtube.com/watch?v=2fvBQMCceuQ>

Brad Martin Inch Dumbbell Push Press -

http://www.youtube.com/watch?v=YvIXWwnZ_3E

My Speed Bag Beginnings - <http://www.youtube.com/watch?v=hXxni6lx2UI>

Innovative Training – Unilateral Dumbbell Press -

<http://www.youtube.com/watch?v=gmX-fBfv2aI>

Training Atlas Stones without Atlas Stones -

http://www.youtube.com/watch?v=BTNKg_TGmEY

20-inch Stone Series - <http://www.youtube.com/watch?v=EMZoqvWYkZU>

Implementing Grip Strength - <http://www.youtube.com/watch?v=tyLGkIqcNUI>

Atlas Stone Lifting - <http://www.youtube.com/watch?v=AaVyfepivhE>

Inch Dumbbell Continental Clean Attempt -

http://www.youtube.com/watch?v=UjxZzc_aQ7Y

Inch Dumbbell Continental Clean (accidental cheat) and Press -

<http://www.youtube.com/watch?v=y3pUzBrMIKE>

Improving Performance on the Strongman Log - <http://www.youtube.com/watch?v=G5-nUSd8YAE>

400-lb Atlas Stone Lift - <http://www.youtube.com/watch?v=8WR1xLZYj9w>

Fat Bastard Nail Bending - <http://www.youtube.com/watch?v=qXXf7CsLAvM>