

# Grip Strength Finisher (Barbell)

Complete 1 to 2 rounds of this circuit after your workout to improve your hand, forearm, and grip strength.

## BB Standing Wrist Flexion to Extension

- 20 reps each way
- Use light-medium weight
- Underhand and overhand grip
- Isolate movement at the wrist



## BB Corner One-Arm Row

- 12 reps each side
- Use medium-heavy weight
- Lock core, grip bar firmly
- Keep reps slow and controlled



## BB Shrug

- 12 reps
- Use as heavy weight as possible
- Isolate movement at shoulders
- Keep elbows straight, body still



## BB Bent Row (Underhand-Grip)

- 8 reps
- Use medium-heavy weight
- Keep back flat, body still
- Keep reps slow and controlled

