

# Grip Strength Finisher (Dumbbell)

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

## DB Wrist Rotations

- 20 reps each way
- Use light-medium weight
- Isolate movement at the wrist



## DB One-Arm Row

- 5 reps each side
- Use as heavy weight as possible
- Keep reps slow and controlled



## DB Biceps Curl [Overhand-Grip]

- 10 reps
- Use medium-heavy weight
- Do not use momentum
- Keep reps slow and controlled



## DB Front Raise [Parallel-Grip]

- 6 reps
- Use medium weight
- Raise dumbbells to shoulder-height
- Keep elbows straight, core locked

