

Grip Strength Finisher

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

DB Wrist Rotations

- 20 reps each way
- Isolate movement at wrist
- Keep elbows tight to body
- Use light dumbbells
- Rest 60 seconds before Plate Grippers



Plate Grippers

- 20 reps each way
- Transfer plate, gripping only with fingers
- Choose a plate that feels very heavy by the end of your set
- Rest 60 seconds before Towel Supine Row



Towel Supine Row

- 8-12 reps
- Keep body planked and still
- Use a thick towel to challenge grip
- To increase difficulty, place feet on box/bench
- Rest 60 seconds before Barbell Standing Wrist Flexion to Extension



Barbell Standing Wrist Flexion to Extension

- 8-12 reps each way
- Isolate movement at wrist
- Keep elbows straight
- Choose a weight that feels very heavy by the end of your set

