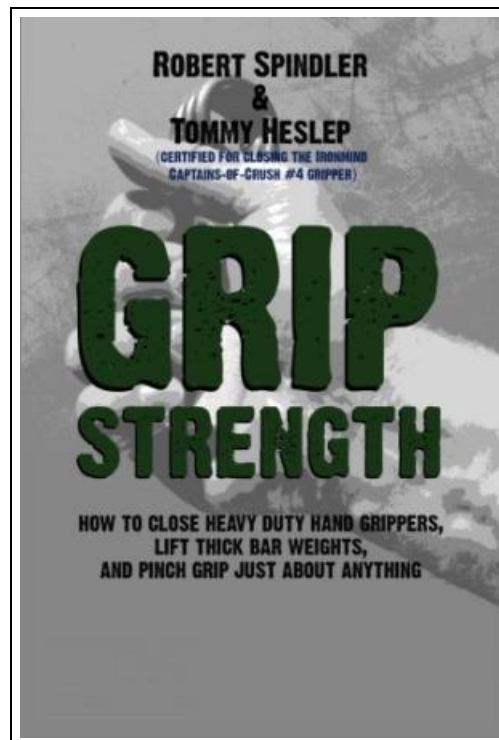


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Do you want a stronger handshake? Try grabbing the other s hand and squeeze his fingers as hard as you can. BUT: how about heavy duty gripper certification, deadlifting the Inch dumbbell, tearing decks of cards, or crushing raw potatoes? This will take a little more effort. Whether you aim for such feats or not, there s nothing wrong about learning from one of the world s best when it comes to grip strength: Tommy Heslep is one of only five people in the world who have certified for Ironmind s Captains-of-Crush #4 Gripper - and how many people do you know who can crush 12 raw potatoes in one hand within 15 seconds? In this comprehensive volume, stage strongman Robert Spindler teams up with Tommy to introduce you to the best equipment, the most effective exercises, and the most efficient routines to build a monster grip - while maintaining healthy hands. Learn about heavy duty spring grippers, the crushing grip, the pinch grip, thickbar training, endurance grip strength, mind-blowing feats of grip strength, and the individual training methods which led Tommy Heslep towards world-class in all of those. Whether rock climber, mixed martial artist, strongman, powerlifter, or freerunner - this book is for anyone who wants to maximize their grip strength potential with the no-nonsense methods of the best. It will show you how to build and maintain iron claws that can pick up anything, squeeze everything, and won t open unless you want them too. With detailed sample training routines, numerous illustrations, tips on how to save money, and chapters on recovery, plateaus, and injury prevention!.

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