



Strongman Lab Grip Lab
Version 1.0

How Grip Lab Works

- 2-3 Sessions per week
- 5-10 Minutes
- After lifting or on rest days
- Rotate 2-3 workouts
- Stick with it for at least 4 weeks

Workout A

Barbell Hold

2-3 Sets x 20-45 Seconds

Progress by adding time before weight. When you have completed the same weight for 3 Sets for 45 seconds, then add weight.

Workout B

Choose Two

- Wrist Curl
- Reverse Wrist Curl
- Reverse Curl

3 Sets x 10-15 Reps

Progress by adding reps before weight. When you have completed the same weight for 3 Sets x 15 Reps, then add weight.

Workout C

Farmers Carry

3-4 Sets x 100 Feet

Progress by adding distance (10 - 20 feet) before weight.

Workout D

Choose One

- Plate Pinch Holds
 - 3 Sets x 20-30 Seconds
- Plate Pinch Carries
 - 3 Sets x 50 feet

Progress by adding time or distance before adding weight.

Workout E

Choose One

- Axle Hold
- Fat Gripz Hold
- Fat Gripz Hang

2-3 Sets x 20-30 Seconds

Progress by adding time before adding weight.

Example Rotation

Monday

Workout A

Wednesday

Workout C

Friday

Workout B

More Labs Coming Soon

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www.strongmanlab.com