



Lower Arm Reinforcement Circuit

The objective of this workout is to hit your wrists, hands, and forearms with a killer circuit.

In the Workout-of-the-Month video, I show you three components of this four-station circuit:

Rubber Band Extensions

Hammer Chain Twists

Kettlebell Pops

Rubber Band Extensions.

Part 1 – WARM-UP

Always warm-up, starting general and then working toward specific. Never train grip without first warming up your entire body starting with the big muscles of the legs, core, torso and arms, and then moving out through the extremities.

Part 2 – Lower Arm Reinforcement

PURPOSE: Strengthen the entire lower arm making it work as an entire unit

EQUIPMENT:

Rubber Bands – Get them from an Office Supply store in baggies or get them from the produce section of the supermarket – often broccoli is wrapped in nice big rubber bands. Do these hard for as lots of repetitions. Shoot for 20 to 50 repetitions.

Sledge Hammer – At least 8-lb sledge. Choke up if you need to. Get a chain about 4 to 6 feet long. In the video I show you how to attach it with a Velcro wrist wrap. Go up with the right hand in the top position and down with the left hand on top.

Kettlebell Pops – The heavier the better. Pop it up into the air slightly and grab it with the other hand. Go back and forth rapidly.

Rubber Band Extensions – Rep out on these again. 20 to 50 repetitions. Make your forearms explode.

WORKOUT: Do this circuit 2 to 4 times. Shoot for completing the first 3 legs of the circuit in less than 3 minutes – the last leg, Rubber Band Extensions – do them until it feels like your forearms will explode – Don't worry about the time. Hold the last repetition for as long as you can in the Rubber Band Extensions.

Part 3 – STRETCHING

PURPOSE: Recovery

WORKOUT: Stretch the backs of the forearms and the flexors of the fingers.

Stretch out the forearms and fingers for at least 5 minutes. I like holding for counts of 15 and breathing in and out deeply while stretching. Breathing through the course of the stretch generally allows me to stretch even further.

If you have any questions, please leave a comment on the site, or hit me up at jedd.diesel@gmail.com. Thanks again for subscribing and I look forward to working with you to help you accomplish your goals.