



The Grip Master's Manual

By John Brookfield

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Moving beyond Mastery of Hand Strength, John Brookfield continues his tradition of breaking new ground in grip training: John's creative new exercises and unbridled enthusiasm are what The Grip Master's Manual is all about. John begins with some general training pointers, including how to practice good hand health, and then shows you how to build your overall upper body and lower arm strength, laying a foundation for the specific hand and lower arm training that follows.

And what follows is typical of John: a wide array of innovative techniques and exercises designed to motivate and challenge you -- and to build your hand strength from every conceivable angle, along with your dexterity and muscle control. John, who invented what are now commonly called "strap holds," is also your guide to "climbing the mountain" to close the No. 3 Captains of Crush Gripper. Finally, John leads you through the consummate grip master's repertoire: bending steel bars, bending horseshoes, coiling and scrolling iron, bending nails, and even tearing cards.

John wrote this book to help you take your hand strength to the next level, and if you follow his advice, we're sure you will get there and then some. If you want to be a grip master in the true sense of the word, get your hands on The Grip Master's Manual and then go out and crush a can of Coke.

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