

FARMER'S MARCH



A



B

Sets : 3-4

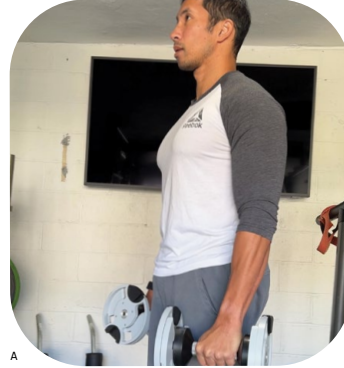
Duration : 40 sec / rest 20 sec

One of the best ways to train your grip is to challenge that grip. You do that in the farmer's march (and get a heavy dose of core work too). Stand holding dumbbells at your hips, abs tight and shoulder blades squeezed.

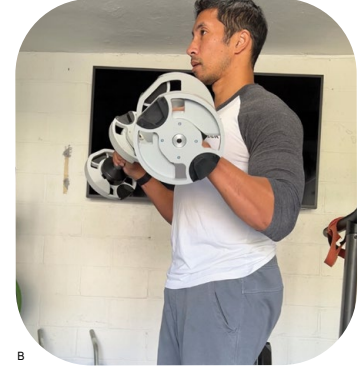
Tighten your grip around the bells as much as possible. Begin to march in place, battling to keep your hips and shoulders square.

Do this for 40 seconds, then rest 20 seconds. Do 3-4 sets.

REVERSE GRIP CURL



A



B

Sets : 3

Reps: 10-12

One of your meatiest forearm muscles is the brachioradialis. It gets work during biceps curls and hammer curls, but if you want to focus on it even more, do the reverse grip curl.

To do it, set up just as you would for a biceps curl, then flip your palms so they face behind you. Curl up as high as you can, aiming to keep your elbows tight to your torso. Lower back down.

Hit 3 sets of 10-12 reps, and use a light weight; these are harder than you think.

WRIST CURL



A



B

Sets : 3

Reps: 15

One of your forearm's key responsibilities is to flex your wrist, and that's the focus of the wrist curl. This is a small motion, so use a light weight to insure you go through the full range of motion. Set up behind a bench kneeling with just your forearms on the bench, abs and glutes tight, palms facing the ceiling.

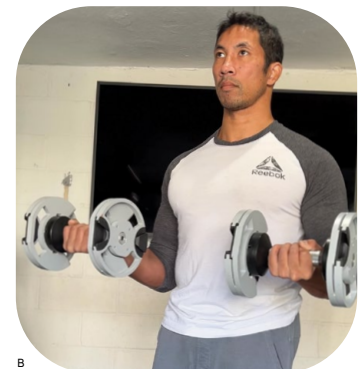
Your hands should be holding dumbbells and hanging off the bench. Let the weight of the dumbbells stretch your wrists downwards so your palms face forward, then flex your wrists hard, curling the weights upwards so your palms face you.

Do 3 sets of 15 reps.

PARALLEL-PAUSE WRIST TWIST



A



B

Sets : 3-4

Duration : 40 sec / rest 20 sec

Your forearm's muscles most underrated responsibility: It helps you rotate your entire forearm. Work on that with the wrist twist. Hold dumbbells at your sides, then curl them up until your forearms are parallel to the ground. Maintain that position while twisting your wrists back and forth.

Do this for 40 seconds, then rest 20 seconds. Do 3-4 sets.