

Grip Strength Training

For Getting Higher Performance from Kettlebells Training!

Grip or forearm is possibly the weakest link in training and a weak grip hampers it big time. The article highlights the weakness of the grip and how to overcome it with Kettlebells, along with methods to train the grip.

Holding the Kettlebells

We all encounter a drop in performance in doing any steady state kettlebell or barbell lifting. For example if you are doing swings or a snatch, most often you will encounter lactic acid burning in the forearm which stops the set midway, or even while doing the deadlift our grip gives up even though we are capable of performing that extra rep.

Holding a kettlebell barbell is a technique that only gets refined once you start lifting more. Forearm muscles are small and are likely to burn out faster than any other body part while lifting.

Merits of strong grip for training There are two merits of a strong grip

- 1. For Heavy lifting:** When you have a strong grip you are able to lift heavier weights, which is always an advantage in performance. Movements like pull ups, deadlift, bent over row and some of the important pulling movements can be hampered because of a weak grip.
- 2. For Better Endurance:** When your forearms are strong and muscles in it are relaxed, you can perform long sets of either Kettlebells snatch, farmers walk, or any repetitive movements with the dumbbell or barbell. So a stronger grip means you will be able to perform more repetitions per set

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of an exercise, thus burning more calories, losing more fat, and building more muscle.

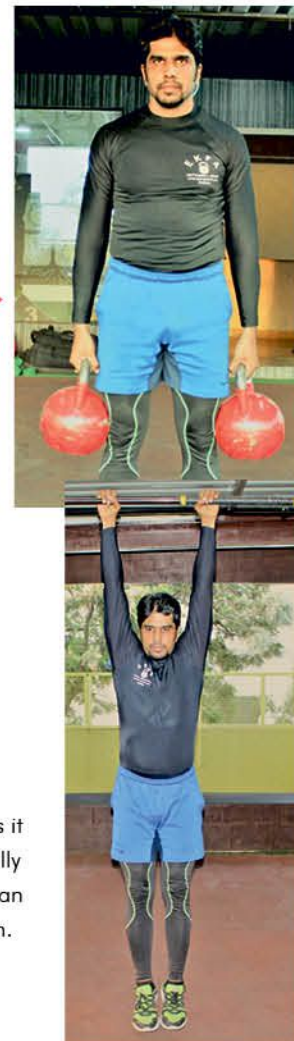
Below are TOP 6 Grip training exercises

1. Farmers hold ▶▶

Farmer's hold can be done by Kettlebell or dumbbell, although it is more challenging with Kettlebells due to the weight being offset from the handle. You can either hold or walk. With walking not only are your forearms challenged but so are your core muscles, shoulders, and hips.

2. Hang clean ▶▶

Hang clean is a stationary but very important grip strengthening drill, as it challenges your body weight. Typically done for 30 secs to start with, you can progress to 2 min if you can hold on.



3. Barbell holds ▶▶

Barbell holds is easiest to set up in a squat rack. The goal is to hold heavy weight in isometric contraction for 30 secs to start with, up to 2 minutes if you can. You can use regular dead grip, or to challenge more you can use open or under grip.



4. Towel swing ▶▶

Towel swing is done with heavy Kbell. You can use a regular turkish towel which can be wrapped around the bell as shown and you can perform the swing for min 15/20 reps for various sets. The towel will challenge the grip to a few more reps.



5. Plate pinch ▶▶

For pinch grip, plate pinches do wonders. Start off with a 5 lbs. plate and hold on for 1 minute, and progress with weight and time as you slowly mature the pinching. Forearm flexors get worked and challenged which can be a very good addition in grip strengthening programs.



6. Dumbbell Hex holds ▶▶

Hex holds challenge an open grip. Start off with 30 secs hold for each arm at a time, slowly holding for 1 min.

There are many grip training exercises, however the ones described here are the important ones which we usually add in our training



routines after finishing the regular set of workouts. Always remember, grip training comes last and not first.

These methods if added to the routines enhance Kettlebell lifting and Barbell lifting as we focus on the weakest link.

For more such information, ensure you sign up with the most popular L1 kettlebell training in your city. The 2 day workshop is not only about Kettlebells, but many such training methodologies and experience which are shared with you.

Be Kettlebell Strong!

Stronger grip means you will be able to perform more repetitions per set of an exercise, thus burning more calories, losing more fat, and building more muscle.