

# **Fabulous Forearms**

**"How To Build Forearms Forged Of Steel!"**



**By Dennis Weis**

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## **Fabulous Forearms Forged Of Steel**

**HEY!** “Whatever happened to Popeye type forearms that wreaked with power and blood vessel integrity and scared the hell out of common man when he viewed them...nefariously, as they blipped and blimped out of a long sleeve shirt rolled up to the elbow.” “Yeah...those were forearms...and they were the kind that could lock and load a nasty fist full of knuckles to make a point when necessary.”

It appears to me that we are in a technological time where forearm training has been relatively forgotten as a strength training art. I suppose this is a foregone conclusion on my part but when I look around the various gyms throughout the country I can't help but notice how much time and effort non-competitive bodybuilders spend pumping the dog crap out of their upper arms, especially the biceps. Not one iota of thought or effort is given to working the forearms. This is a **HUGE** mistake on the part of non-competitive bodybuilders with regard to an overall arm training strategy. However this isn't the case with competing and winning bodybuilders.

The next time you walk through the pages of a mainstream bodybuilding magazines or attend a top bodybuilding competition carefully study the arm development of the top amateur and pro physique champions. They all have complete forearm development that goes hand in hand with their huge perfectly balanced muscular upper arms. Notice how the forearms of the champions start to broaden and thicken immediately above the wrist and continue to thicken right up to the elbow. Check out photo's of the imposing forearm development displayed by the some of the **Lords of The Mighty Forearm** such as Dave Draper, Mike Mentzer, Sergio Oliva, Bill Pearl, Lee Priest, Arnold S, Larry Scott, Chuck Sipes, Casey Viator, Dorian Yates and you will see what I am talking about.

I think it's high time to return to a serious approach to forearm sinew quantification and visuality.

Don't make an error by neglecting your forearms any longer. Give them the attention they deserve and you will be pleasantly surprised how much more impressive they can even make your upper arms will look.

The forearms are like the calf muscles – in that if you don't have the development you must work very hard to achieve it. If you already have decent forearms, by all means don't hesitate to improve them, for they can add much to the appearance of the entire arm.

If forearms are the weak link in your overall arm development (nothing looks worse than a huge well-developed upper arm attached to a buggy whip forearm) then I suggest you open up their growth potential. **How?** By adopting some disciplined forearm routines into your training. Do this and you will be rewarded with a pair of powerful, well-shaped forearms and a “ferocious” grip. Here's a collection of six intensive step-by-step routines which will take your forearms somewhere on the other side of HUGE .

## **Declare War On Your Forearms! “6 Great Routines”**

### **#1**

#### **Bill Pearl's Power-Mass Forearm Routine**

The **Power-Mass Forearm Routine** is one of two separate ‘One-Exercise Only’ advanced workouts (the other being the **forearm muscularity routine**) designed by Bill Pearl ([www.billpearl.com](http://www.billpearl.com)). This workout starts with fixed poundage that can be handled for **5 sets of 15 slow and exact reps** in the...

### **Decline Barbell (palms up) Wrist Curls**

#### **Set Up:**

- Place a concrete beam block (or wooden block of the same dimensions) under the legs of one end of a padded flat exercise bench. If there is space available it is a good idea to place the concrete beam block up against a wall so as to allow as little movement as possible by it or the bench.

- Position an appropriately loaded barbell on the floor at the foot of the flat bench.

### **Ready Position:**

- Straddle the declined end of the bench while facing the barbell. Reach down and take a fairly loose “false grip” (thumbs under the bar) on the bar, palms up, with your hands about 6-inches apart. For a solid support the elbows & back of the forearms should lay on the padded surface of the bench. Hold the elbows in close and brace them against the inside of the thighs. Lower the hands until they hyperextend off the end of the bench.
- Next lean your upper torso forward until the angle between the upper and lower arms is less than 90 degrees.

### **Action:**

- Contract the forearm muscles and flex your wrists, curling the barbell up as high as possible (the anatomical range of wrist action should allow your hands to finish approximately 60 degrees to horizontal). Pause for a 2-second count at this peak contraction position. **S-L-O-W-L-Y** lower the hands downward so that they hyperextend below the edge of the bench surface. Repeat for the desired number of sets and reps.

### **Breathing:**

- Inhale and hold your breath as you wrist curl the barbell up; exhale as you lower the barbell to a hyperextend wrist position.

### **Tips:**

- **DON'T** squeeze the bar maximally. Doing so can cause the tendons crossing the wrist to tighten too much and thus not allow the wrists to flex up or hyperextend down through a complete range of motion.
- Maintain a fairly loose grip on the bar and the wrists will be able to fully flex and hyperextend for a more completed development of the forearm muscles involved.

- ❑ **DON'T** allow the hands to unfold, and let bar to roll down your fingers in the hyperextend position. This action works the fingers not the forearm flexors. It also places tremendous stress on your wrists and can produce tendinitis in some individuals.
- ❑ Raise and lower the hands with an even cadence (rhythm).
- ❑ Rest-pause 45 seconds to 1.0 minute between each set.
- ❑ If you experience pain while doing this exercise with your forearms on the bench, try placing them on top of your thighs.
- ❑ **DO** the 'One-Exercise Only' Power Forearm workout on a frequency of 2 to 3 times per week on non-consecutive workout days for about 4-6 weeks before devoting your energy to the **Forearm Muscularity Routine**.
- ❑ Use a **FIVE POUNDS PER WEEK GAIN PROGRESSION** by adding 5 more pounds per set that what was used the previous week while keeping the reps at 15. For example if you did 125 pounds for 5 sets x 15 reps this week; then next week do 130 pounds for 5 sets x 15 reps.
- ❑ **DON'T** do forearm exercises prior to exercise where gripping strength would be compromised; Barbell Bentover Rowing, Power Cleans or Deadlifts or where wrist strength stability would be endangered; Barbell and/or Dumbbell Bench Presses, Overhead Pressing, etc.
- ❑ The bench must be low enough so that a heavy barbell can be lifted into the wrist curling position but high enough so that the barbell plates don't make contact with the floor when the wrists hyperextend. The best bench for meeting these criteria's is the **Forearm Bench** that Larry Scott sells on his website: [www.biophase.com](http://www.biophase.com).

## #2

### Bill Pearl's Forearm Muscularity Routine

The **Forearm Muscularity Routine** follows most of the training maxims (principles) as in the previous program except for two important differences.

- ❑ **First**, use a fixed poundage that can be handled for **6 sets of 20 reps** in the...**Decline Barbell (palms up) Wrist Curls**.
- ❑ **Second**, use a **FIVE REP PER WEEK GAIN PROGRESSION** by adding 5 more reps per set than what was used the previous week while keeping the poundage the same. For example if you did 150 pounds for 6 sets x 20 reps this week; then next week do 150 pounds for 6 sets x 25 reps.

In just one month you will be doing 40 reps per set (be prepared to experience some **'high-rep lactic acid paralysis'**) and your forearms will take on a granite hard vein choked muscular look. Bill Pearl has used these two sculpture hammering programs at various times over the years and built a pair of **Massive...Symmetrical...Ripped...**forearms capable of doing Barbell (palms up) Wrist Curls with 250 pounds.

### **“True” Super-Set Forearm Routines**

One of the most productive training styles, for forcing new muscle growth and a sculptured muscularity in the forearms are the **“True” Super-Set Forearm Routines**. A **“True” Super-Set** is accomplished by performing two exercises, for the same muscle group, one right after the other with no rest between them. Here are a couple of **time tested “True” Super-Set Forearm Routines** (listed as: A & B) for making **maximum-gains in minimum-time**.

**#3**  
**“True”**  
**SUPERSET: A**  
**Decline Barbell (palms up) Wrist Curls**  
With The  
**Wrist-Roller**

**Decline Barbell (palms up) Wrist Curls**

- The Setup, Ready Position and Action patterns for this exercise has already been described in explicitly calculated detail in **Bill Pearl’s Power-Mass Forearm Routine** (above).

**Wrist-Roller**

**Setup:**

- For those of you who may not be familiar with this forearm pumping device, it is a round piece of solid hardwood (called a dowel) which varies in length from 10 to 20 inches and is generally 2.0-2.5 inches in diameter with a vertical hole drilled through the center of it. One end of a length (50-60 inches) of a heavy abrasive-resistant sash cord or clothesline is inserted through the hole and knotted or tied. A barbell plate loading system consisting of snap link and a plate holder is attached to the other end of the cord.
- Adjust a set of squat stands (or make the necessary adjustments in a power rack) to standing shoulder height and place an exercise bar on them.
- Put the appropriate amount of weight onto the plate loading system of the wrist-roller.

**Ready Position:**

- Firmly grasp the Wrist-Roller device with both hands (spaced 4 to 6 inches apart) with a (palms down) grip.
- Begin a foot of slack in the cord and the weight on the floor. Now while holding onto the Wrist-Roller device support your wrists over the middle

of bar on the squat rack and extend your arms fully in front of your body at shoulder height (Your arms will mimic the finish position of a Barbell Front Raise).

- ❑ The rationale for supporting the wrists is to keep the deltoids from fatiguing before the forearms.

### **Action:**

- ❑ Get a grip like a pipe-wrench on the wooden dowel and begin winding the cord (with a windlass or winch like motion) up by alternately rolling the knuckles of each hand forward (clockwise) until the weight touches the dowel.
- ❑ **Tense the Forearms Tightly** for a brief second and then begin turning the dowel by alternately rolling the knuckles of each hand back (counter-clockwise) until the weight touches the floor. This completes **one cycle**.
- ❑ Without any hesitation continue turning the dowel counter-clockwise and wind the cord all the way back up and then all the way back down (turning the dowel forward) to the floor. This completes **two cycles**.
- ❑ Again without hesitation continue turning the dowel forward while winding the cord all the way back up and back down, turning the dowel counter-clockwise etc. **STOP!!!** This is completes **three cycles**

### **Breathing:**

- ❑ Inhale and exhale rhythmically.

### **Tips:**

- ❑ **Do** the first four sets of Decline Barbell (palms up) Wrist Curl in **NON Super-Set style**. Increase the weight and decrease the reps on each proceeding set. Rest-pause 45 seconds to 1.0 minutes between each set.
- ❑ Beginning with set number five **SUPER-SET** the Decline Barbell (palms up) Wrist Curls with the Wrist-Roller. Rest-pause 1-2 minutes upon completion of each super-set. Perform a total of **four “True” Super-Sets**.

- **\*Wrist-Roller:** Wind the cord all the way up and down 3 consecutive cycles (re-read “Action” above) during each “True” Super-Set.
- If you have access to a woodworking shop, turn out three 10 inch long dowels of varying diameters (2.0, 2.5 and 3.0 inches) on a lathe. Using slightly different diameter dowels will give you a little more variety when training the forearms. If woodworking isn’t convenient then simple log onto [www.ironmind.com](http://www.ironmind.com) and order a Wrist-Roller.
- If you train at home, and have access to a Doorway Gym bar (used for chinning), adjust it to standing shoulder height. This is a novel means by which to support the wrists when using the **Wrist-Roller**.

### #3

#### “True” Super-Set: A

#### Decline Barbell (palms up) Wrist Curls With The Wrist-Roller

<b>Set 1</b>	<b>Warm-up weight</b>	<b>20 reps</b>
<b>Set 2</b>	<b>Add weight</b>	<b>18 reps</b>
<b>Set 3</b>	<b>Add weight</b>	<b>15 reps</b>
<b>Set 4</b>	<b>Add weight</b>	<b>12 reps</b>
<b>Set 5</b>	<b>Add weight</b>	<b>10 reps</b>
<b>Super-Set with *Wrist-Roller</b>		
<b>Set 6</b>	<b>Add weight</b>	<b>8 reps</b>
<b>Super-Set with *Wrist-Roller</b>		
<b>Set 7</b>	<b>Add weight</b>	<b>6 reps</b>
<b>Super-Set with *Wrist-Roller</b>		
<b>Set 8</b>	<b>Add weight</b>	<b>4 reps</b>
<b>Super-Set with *Wrist-Roller</b>		

**#4**  
**“True”**  
**SUPER-SET: B**  
**Standing EZ-Bar Reverse Curls**  
With  
**One-Dumbbell (palms up) Wrist Curls**  
**[With upper arm parallel]**

**Standing EZ-Bar Reverse Curls**

**Set Up:**

- Load an EZ-Bar to usable poundage.

**Ready Position:**

- While standing with a shoulder-width foot placement in front of a loaded EZ-Bar, bend your knees slightly and bend forward at the hip joint and firmly grasp an EZ-Bar with a palms facing down shoulder-width ‘false grip’ (thumbs/fingers over the top of the bar) handspacing.
- Come to an erect vertical and stabilized position. There should be a very slight bend at the knee joints to take strain off the lower back. The arms are hanging fully extended, wrists straight and the bar resting against the upper thighs. Your chin should be parallel to the floor.

**Action:**

- Strongly flex at the elbow joint and while tensing the forearm muscles curl the weight in a semi-circular motion or wide arc forward and upward until the forearms are parallel to the floor. Lower the bar back down to the starting position and repeat for another half-rep as described.
- Next do a full rep from the starting position (at the thighs) by curling the weight toward the upper chest or shoulder region. Reverse the technique and S-L-O-W-L-Y return the weight to the starting position.

### **Breathing:**

- ❑ Inhale just prior to beginning the curl and slowly expel the air as the forearms begin to pass a horizontal position to the body during the semi-circular motion upward. Inhale again as the weight S-L-O-W-L-Y lowers back to the starting position.

### **Tips:**

- ❑ Prior to the beginning of the upward arc curling action angle the elbows inward, locking them above the hipbones and as motionless as possible throughout the execution of the exercise.
- ❑ Don't reverse curl the bar in an arc higher than a point that takes tension off the forearm muscles. For example if you achieve maximum tension in the forearm muscles when the weight is at the upper chest then don't try to curl it to the shoulders or chin.
- ❑ Use strict form and motion.
- ❑ Do Not use sympathetic or extracurricular body movements such as; vigorously moving the upper torso (shoulders & back) for and aft; thrusting the hips forward in an abrupt jerking action; swinging (not reverse curling) the weight up to gain some mechanical advantage in order to bypass a sticking point or resting inertia. This decreases maximum tension in the forearm muscles because the weight is not being lifted against gravity but rather by momentum.

### **One-Dumbbell (palm up) Wrist Curls** **[With upper arm parallel]**

### **Setup:**

- ❑ Use a Decline (20-30 degrees) Exercise Bench (Refer to "Setup" in Bill Pearl's Power-Mass Forearm Routine, mentioned previously).

- ❑ Load one-dumbbell to usable poundage that you can get 6 reps with. Load another dumbbell with 40-60 percent less poundage. Hypothetically if you can use a 60-pound dumbbell for 6 reps, then the other dumbbell should weight 25 to 35 pounds.
- ❑ Place both dumbbells at the foot of the bench.

### **Ready Position:**

- ❑ Straddle the foot of the bench while facing the dumbbell. Reach down with one hand and take an off center (thumb set firmly against the inside plate), palm up grip, on the dumbbell handle.
- ❑ For a solid base of support lay the back of the forearm (from the elbow to the wrist) along the top of the thigh, with the hand and the lower part of the wrist extending off the end of the knee.
- ❑ Twist or lean your torso forward and to the outside until the upper arm & shoulder of the dominant hand is parallel to the floor, or as near as you can make it. Remain in this position as you prepare to perform to do the One-Dumbbell (palm up) Wrist Curl.

### **Action:**

- ❑ Contract the forearm muscles and flex the wrist, curling the dumbbell up as high as possible (the anatomical range of wrist action should allow the hand to finish approximately 60 degrees to horizontal). Pause for a 2-second count at this peak contraction position. S-L-O-W-L-Y lower the hand downward so that it hyperextends below the edge of the knee.

### **Breathing:**

- ❑ Inhale and hold your breath as you wrist curl the dumbbell up; exhale as you lower the dumbbell to a hyperextend wrist position.

### **Tips:**

- ❑ By leaning the shoulder and upper arm of the dominant hand to a parallel position to the floor position you'll notice a much stronger muscle

contraction in belly of the forearm as compared to doing it the regular way.

- ❑ The late Chuck Sipes, an IFBB bodybuilding superstar, originated and taught this unique exercise to “The Blond Bomber” Dave Draper ([www.davedraper.com](http://www.davedraper.com)). This exercise obviously worked very well for both Sipes and Draper (see accompanying photo). I suggest you give this **Almost Secret** exercise a go.
- ❑ When calculating the amount of weight to be used in this exercise or any others always TAKE the ANSWER to NEAREST Five-pound INTERVAL; such as 43.6 would be taken to 45, whereas 42.1 would be moved to 40.



**#4**  
**“True” Super-Set: B**

**Standing EZ-Bar Reverse Curls**

With

**One-Dumbbell (palm up) Wrist Curls**  
**[With upper arm parallel]**

Begin with Standing EZ-Bar Reverse Curls and do a ratio of two half-reps to one full rep (re-read ‘Action’) continuing until you have completed 10 full and 20 half-reps.

**IMMEDIATELY WITHOUT A REST-PAUSE**

With your right hand start doing One-Dumbbell (palm up) Wrist Curls [with upper arm parallel] with a manageable poundage that will allow you to do 6 all out reps. Put the dumbbell down. With the same hand pick up another dumbbell (which is 40-60 percent lighter) and do 20 all out reps. Put the dumbbell down and do an equal number of reps (6/20) with the left hand.

You have completed one “True” Super-Set. Remember there is no rest-pauses between exercises in the super-set. You may however rest-pause 45 seconds to 1.0 minutes between each “True” Super-Set only.

Depending on your energy, endurance and sanity 3-4 “True” Super-Sets should be done.

**More Tips:**

- For variety “True” Super-Set Programs #3 & #4 can be performed alternately on two or three non-consecutive workout days per week.
- A little know “True” Super-Set combination is to do Reverse Curls while holding an 8 to 12 pound steel shot-put in each hand. Each rep should be performed in a S-L-O-W fashion; 8 seconds up and 8 seconds down. Do a few reps and then finish of this “True” Super-Set with some quality reps with a Captains of Crush Gripper ([www.ironmind.com](http://www.ironmind.com)). Your

pronators and supinators will feel like they have been “**fire-bombed**”. The question is.... Can you handle the pain?

**#5**  
**Fast-Blast**  
**“Tension” Tri-Sets**

Forearms seem to respond quite favorable to high repetitions and “**Tension**” **Tri-Sets**. Try this progressive routine for fast forearm gains.

**Standing EZ-Bar Reverse Curls** - 5 sets x 8 reps  
**Decline Barbell (palms up) Wrist Curls** - 5 sets x 15 rep  
**Decline Barbell (palms down) Wrist Curls** - 5 sets x 15 reps

Alternate all three of these exercises for the indicated number of reps on each set. There are no rest-pauses between sets. Upon completion of the three exercises **rest-pause 45 seconds**. Repeat the sequence as described until **5 series** of the **Fast-Blast “Tension” Tri-Sets** are completed.

Note: For a change of pace you could attach a beveled exercise bar to a low pulley cable attachment and do the above exercises in that manner.

**#6**  
**The**  
**Non-Routine**  
**Routine for**  
**Molding A Mighty Grip**

Instinctive knowledge is the essence of **The Non-Routine Routine**, in knowing when to use the following exercises in various calculated combinations or as an adjunct in some of the other super forearm routines.

There are numerous factors that regulate a person’s ability to have a mighty grip; some people simple have small hands so their skeletal leverage is often poor. Others just don’t bother with any type of supplemental

gripping exercises other than doing the deadlift and often times it is performed with the aid of power wrist straps.

What I am going to do now is make some comments regarding 4 special OLDE TYME exercises that will develop for you a grip that has “reserve power” at all times.

### **Greased-Hands Deadlifts**

I remember many years ago when perpetually popular “Dr. Squat” Fred C. Hatfield ([www.dr squat.com](http://www.dr squat.com)) was competing at the world championship level in powerlifting. He broke more than 30 world powerlifting records in four different weight classes. His most memorable record was in on November 23, 1987, where at the age of 45, he did an official squat of 1014 pounds at a bodyweight of 245.

During his powerlifting career he had sensational success when it came to squatting but just the opposite when he did deadlifts. It seemed that whenever he attempted deadlifts near 800 pounds the bar would pop loose from his grip. I often wondered why Fred didn't try Greased-Palms Deadlifting as an approach to increasing his strength in the deadlift.

There are a couple of ways to approach this method of training. The first is to liberally grease the palms with Vaseline and train the deadlift as usual. The second way is to do the conventional deadlift (less the vaseline) through a full exercise range of motion for a predetermined amount of sets and reps. When that phase of the deadlift is completed do some lockout dealifts in a power rack with greased-palms. Here's how.

Take a much heavier weight than what you could ever possible do in a full exercise range of movement deadlift and do some sustained holds at lockout until the (knuckles forward) grip simply gives out. This can be done 1-3 times (gradually work up holding the bar for 60 seconds), really fighting the weight as it slips from your grip. This exercise usually does the job.

If using Vaseline is not to your liking simple do the sustained holds without the application of Vaseline, magnesium carbonate chalk or use of power wrist straps.

Here's an additional helpful suggestion you might wish to employ when doing the conventional deadlift. Rather than "smothering" the bar with a full mixed grip where your fingers and thumbs are completely wrapped around the bar, try using a knuckles forward grip and only use the last two joints on your fingers to hold the bar.

### **"Rectangular Fix" Exercise**

This exercise is vaguely similar to the Standing Reverse Curl (described in #4 "True" Super-Set above) except that you will use a straight exercise bar instead of an EZ-bar. The performance is simple and quite deceiving, and is done in the following manner: After a deadlift workout do some muscle-specific warm-ups by doing 2 or 3 light to heavy (in order) sets of 8-10 reps in the Standing Reverse Curls. Rest 1 minute between each set.

Upon completion of the 2 to 3 warm-up sets, reverse curl the bar up to the top or finish position (upper chest or shoulders etc.). Now lower the barbell until the forearms are horizontal to the floor. Hold this static position for a full 3 to 5 seconds, then without any extracurricular movement curl the bar back up to the position. Repeat for 4 more reps. Depending on your personal wants and needs do 4 to 5 sets of 5 reps to negative failure (where you can barely hold the weight for the required 3 to 5 seconds per set). Increase the poundage whenever possible.

There is one other thing I need to mention. Don't attempt to do this exercise using a 'false grip' (thumbs and fingers wrapped around over the top of the bar) or you will fail miserably. Use a regular, palms down, grip with the thumbs under and the fingers over the bar.

There are a couple of ways to increase the level of isolation in this exercise if you so desire, but perhaps not both simultaneously, at least to begin with.

1. With your arms hanging at your sides have someone secure a long belt or similar strap around the circumference of your upper torso just below the chest. Make sure that you are not on a full set of lungs when the belt is being secured. If you do then the belt will become loose when you exhale. The belt should be tight enough not to fall down but not tight enough to constrict the tracking pattern action of

the exercise. The belt will aid in preventing any unnecessary elbow and arm movement that might normally have taken place.

2. Instead of using a conventional bar (i.e. EZ- Curl) use a 3 inch diameter specialty straight bar. This will tax your forearm strength beyond belief. Personally I don't own a specialty bar so I improvise by putting a pre-cut piece of high density pipe insulation over my regular straight bar, as a means to increase its diameter. Pipe insulation materials are easily purchased at stores where plumbing supplies are sold.

The "Rectangular Fix" exercise was a favorite of many a strongman of yesteryear, the famous George F. Jowett being one of them.

### **"Sliding" Pinch Grip**

There are many forms of pinch-gripping exercises but there is one in particular that is favored above all the rest. Take two Olympic plates (**not** the ones with rubber bumpers), and stand them edgewise between your feet, placing them together with the smooth surfaces facing out.

Proceed to bend over and pinch grip the plates at their highest point (with a forceps-like grip of the thumb and fingers). The thumb and fingers should be pressed as flat as possible against the plate. Once you have a firm grip established, stand up, keeping the lifting arm perfectly straight while doing so. If you attempt to lift the weight with the arm bent, the plates may escape your grip. This is very likely to happen since you will not be enjoying the benefit of a resin or chalk application to the palm of your hand and fingers.

Once you are standing begin to walk some definite distances. It will be during this walk that a "sliding" will occur between the two plates (hence the name "Sliding" Pinch Grip) so you must **harness your mind to access the reserve of untapped strength within your body** and grip the plates even tighter. There is a lot more that can be said about the **integration of mind and muscle communication** and how it applies to moving the heavy iron. I suggest that you access [www.dragondoor.com](http://www.dragondoor.com), (click on articles and read **Mind Power Doctrine of an Iron Warrior**).

You can measure the progress you make in the "**Sliding**" Pinch Grip by the distance walked or by adding more weight (perhaps in the form of

MICROLOAD magnetic weight plates) and walking a set distance (not to change). This can be done 1 to 3 times separately with each hand. Some individuals do the “Sliding Pinch Grip exercise immediately after a deadlift session.

How much weight should a person use when first beginning the “**Sliding**” Pinch Grip exercise? This question does not have an exact answer. I personally knew one guy who had a naturally strong hands and was able to pinch-grip two 45 pound Olympic plates (smooth sides out) in each hand and walk a distance of 90 feet with them. This dude didn’t weight over a buck sixty.

On the other hand I have know some Big Guys who had difficulty handling two 25-pound Olympic plates at the beginning. On the reserve side you might start with a couple of 10-pound plates just to get a feel for the movement.

The “Sliding” Pinch Grip was a popular favorite of the immortal late John C. Grimek and he did it not only with his entire hand but in a number of other progressive and stimulating ways.

- ✓ Thumb and index finger ONLY
- ✓ Thumb and second finger ONLY
- ✓ Thumb and third finger ONLY
- ✓ Thumb and little finger ONLY

*This is probable the most unique of the pinch gripping progressions because many individuals sometimes forget to involve the little finger maximally when applying a grip.*

- ✓ Thumb and two fingers ONLY
- ✓ Thumb and three fingers ONLY

John C. Grimek was an innovative and sometimes he would toss a conventional barbell plate (made of a smooth non-grip design with no edges on either side) from hand to hand, catching it with a pinch grip. At other times he would toss one end of a loaded Olympic bar from hand to hand.

### **The Farmer’s Walk**

The Farmer’s Walk was a grueling strength test that rural area farmers competed in at county fairs in the early days of this country. Suffice it to say that weights of a uniform quality (such as dumbbells) were non-existent. I

have heard that in the old West that one of the items used for The Farmer's Walk was a heavy sack of silver dollars, the winner getting to keep it. **"Wow!"** Here's the "how to's" for the 21<sup>st</sup> century Farmers Walk.

- ❑ Load two dumbbells to one-half your own bodyweight (if you weigh 150 pounds, 75 pounds each dumbbell) so that together they equal your own weight.
- ❑ Find a flat stretch of land and mark of 20 feet in a straight line. A trip **up and back** holding the dumbbells at your sides constitutes **1 (one) trip**. If you live in rain country as I do, you may want to do the **Farmer's Walk** indoors
- ❑ Measure your progress in **The Farmer's Walk** by distanced walked or by adding more weight to the dumbbells and walk a set distance (not to change). The world renowned strength coach Charles Poliquin ([www.charlespoliquin.net](http://www.charlespoliquin.net)) suggests doing distances of 100 to 200 feet in **The Farmer's Walk**.

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Milk each of the 4 OLDE TYME exercises for what they are worth and then move on in your journey continuing to seek out fresh new ways to keep those forearms jacked up!!! The following list will be helpful in this respect.

### A Short List of Ground Base Forearm Finishers

- ...Anvil Curls!
- ...Barrel Lifting!
- ...Bending Beer Bottle Caps!
- ...Captains of Crunch Gripper!
- ...Card Tearing!
- ...One Hand "Thick Bar" Deadlifts!
  
- ...Farmer's Walk!  
(H-beams)
  
- ...Handshake Squeezes!  
(short, fast)

**...Kettle Bell Reverse Curls!**

**...Pinch Gripping!**

**(Edge of an open door, hanging from rafters, hub style)**

**...Pull-up Bar!**

**(Timed hangs)**

**...Fingertip Pushups!**

**...Climbing Rope!**

**(Climbing, chinning, hanging)**

**...Sand Bag!**

**(Carries, cleans)!**

**...One-Arm Wheel Barrel Walks!**

**...Lift a Chair by the Leg!**

**...Wad Up A Newspaper!**

**...Lift A Brick with a Broom!**

**...Squeeze a Tennis Ball or Rubber Shoe Heel!**

**...Nail Bending!**

**...Tear!**

**(Tennis Balls, Phone Books, License Plates in Two)**

**...Rock Climbing**

## **No Bull Resource References**

**A MILLION VOLTS OF RAW ELECTRICITY-A 100 LBS. OF CRUDE DYNAMITE**

**can BUILD or DESTROY...DEPENDING on HOW THEY'RE USED!**

**BUILDING FABULOUS FOREARMS FORGED  
OF STEEL ARE LIKE THAT, TOO!**

With the **right** equipment and breakthrough training methods you can build yourself a superior pair of **powerhouse** forearms, crackling with electric energy, driven by a mountainous strength – forearms you’ll be proud of!

The **wrong** equipment, without disciplined instruction, can actually **slow down** your chances of building muscularly strong forearms and a grip of steel.

### **WEIGHTS – ALONE – DON’T BUILD FOREARMS!**

If they did, then anybody who owns a set of weights would be walking around with forearms that look like bowling pins hidden in their sleeves. **Applied Knowledge Is Power** when it comes down to using weights and **Information Is How You Get It!**

The followings **NO BULL Resource Reference** websites and/or individuals offer a variety of informative and educational books, video’s and training tools for building forearms of steel and a vice-like grip.

#### **Websites:**

- [www.atomicathletic.com](http://www.atomicathletic.com)
- [www.mikebrownsolutions.com](http://www.mikebrownsolutions.com)
- [www.cyberpump.com](http://www.cyberpump.com)
- [www.dragondoor.com](http://www.dragondoor.com)
- [www.healthforlife.com](http://www.healthforlife.com)
- [www.ironmind.com](http://www.ironmind.com)
- [www.brookskubik.com](http://www.brookskubik.com)
- [www.naturalstrength.com](http://www.naturalstrength.com)
- [www.bigsteel.iwarp.com](http://www.bigsteel.iwarp.com)
- [www.sorinex.com](http://www.sorinex.com)
- [www.strongerman.com](http://www.strongerman.com)
- [www.superstrengthbooks.com](http://www.superstrengthbooks.com)

## Individuals:

- **J.B. Kinney**  
PO Box 32  
Bean Station, TN 37708  
Item: Get a Grip With Joe Kinney...The Video  
Price: \$25.00 plus \$6.00 S&H USA, \$12.00 S&H all others  
Money orders only, in US funds, drawn on US banks.
- **Iron Grip Magazine**  
e-mail: [david.horne2@ntl-world.com](mailto:david.horne2@ntl-world.com).

**Get On the Bulldozer of Forearm Training  
Or  
Become Part of the Pavement!**

**The top bodybuilders of today have wisely followed in the footsteps of the bodybuilders of the past and respect forearms training and so should you. I've Given You The REAL TRUTH about building an imposing pair of forearm. Please realize that NO BODY CAN GET HUGE FOREARMS OVERNIGHT but it's still time to Get On the Bulldozer of Forearm Training Or Become Part of the Pavement!**

**The muscular glory of amazing super powered forearms laced with wrist bone tenacity can be yours by following with a determined energy the routines and tips provided in this report.**