

November 2016 Workout of the Month:

Reverse Steel Bending Workout

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TABLE OF CONTENTS

Thank you for your purchase! I put together this particular workout, for a few reasons.

For one, I've been doing a good deal of bending recently, because it was coming up as an event in a contest I was planning to attend. Also, due to a bad back injury, I wasn't able to do any lifting of objects off the floor, so I could only do things that didn't involve heavy back activity and bending over. In looking for SOMETHING to fill my training time, Steel Bending fit the bill, perfectly.

But, I've also wanted to do something like this for a while now. You see, there's been a big drop-off in the number of people who bend steel these days. Many people who used to bend or who at one time started to bend, have stopped.

One of the reasons why has to do with injuries, and when talking with some of them, one of the main causes of the injuries seems to be due to excessive bending volume, both in the amount of bending done during workouts, and the frequency at which bending workouts are done.

In recent years, I've trained several lifters who listed bending big steel, like the Red Nail, as one of their goals. But I was surprised to find out that most of these individuals were either already hurt, or, as I felt, were headed straight for an injury due to how much bending they were doing.

In all these cases, the first thing we did was streamline each workout to no more than 8 to 10 bends, with some of those being Warm-up Bends, and the rest being Work Set Bends. In most cases, we kept the Work Sets to 5 bends.

In all these cases, the lifter's bending strength went up, and they were able to stay injury free, during the time I coached them.

Seeing their successes, once I returned to bending, I too began limiting the volume I was doing. There was a time when I first started bending, that I might do 10 or more bends per session, many of which were attempts at PR's. It was no wonder I was always hurt. It's hard to do that much straining and NOT get hurt.

This time around, I did it differently, and this is the kind of Bending Workout I've got planned for you.

First off, I stopped using bends to get warm. In the past, I might bend 5 or more nails in order to get warmed up. Looking back, that's insane, because even 5 nails was never effective at really getting the blood flowing through the arms and hands. At best, I was poorly prepared to bend big steel in my Work Sets.

Instead, I decided to hold bending off until I had already done some lifting, and then, once I had a good head sweat going, I began using the Sledge Hammer for my wrist and forearm warm-up.

Next, I would do a couple of bends on the lighter side to get my hands fully fired up. I found this combination of sledge work and light transitional warm-up bends to be GREAT for my bending workouts.

Once I was warm, I then decided to limit all my Work Sets to 5 attempts. There's lots of reasons for this, especially injury prevention, like I've already stated. But even bigger than that is the fact that eventually you'll hit a point of diminishing returns, as you go deeper and deeper into a bending workout.

For the athletes I've coached at bending, the point of diminishing returns seemed to show up around the 5th bend. You see, once you do 5 bends, you're going to most likely be in a fatigued state, and you won't have as much strength in storage. Now, after several weeks of being back into bending, my hands and arms are cooked after 5 bends.

Another way of looking at the 5 Work Set Bend limit is this. Let's say you still feel strong for a 6th bend. Well, doesn't that mean you probably could have gone a little harder and heavier during the first 5 bends? I can understand needing more than 5 bends to find out where your limit actually is, but that should only take 1 workout to find. After that, you should be able to dial in your bends a bit tighter so that you're gunning for 5 Work Set Bends, and then you can rest easy knowing you put in a good, solid effort.

These bending workouts are quick. Sure, you'll feel tired, but you won't be working so hard that you have difficulty recovering between bending sessions. But seriously, you can probably get all of this done inside of 60 minutes, if you play your cards right. And you'll have plenty of time left to work on whatever else is on the training docket for the day, plus you'll finish the workout feeling like a million bucks, INSTEAD of feeling like you just had a garbage truck run over your hands, wrists and forearms.

On the next page is a more brief layout of the workout. If you have any questions, please do not hesitate to ask. That is what I am here for. Hit me up at jedd.diesel@gmail.com.

Thanks again for your support and all the best in your training.

Jedd

WORKOUT PLAN

Here is a link to the Workout Videos: <http://www.thegripauthority.com/xxsteel-wom-deliveryyy.htm>

Sledge Warm-up:

Front Low Lever Lift - 2 sets of 10 per hand
Rear Low Lever Lift - 2 sets of 10 per hand
Rotation - 2 sets of 10 each direction per hand

Bending Warm-up:

6" x 1/4" Round CRS x 2

Bending Work Sets:

1. 6" x 1/4" Square CRS
2. 6" x 1/4" Grade 8 Bolt
3. 6" x 9/32" Drill Rod
4. .302 Stainless
5. (Skipped) Grade 8 with Head Removed

Post Bending:

It's always a good idea to stretch the forearms following any bending or Grip work. I failed to capture this on film, but I will post a link to the stretches I most often like to do.

<http://www.advancedbaseballtraining.com/xxPDFs/BONUS-EssentialLowerArmStretches.pdf>

I like hitting each of those for 1 or 2 sets of 20 to 30 seconds, and this is exactly what I have all my coaching clients do, as well.

It's also a good idea to regularly do injury prevention strengthening work for the forearms. My favorite drills are Sledge Hammer Rotations, done just like in the Warm-up, Rubber Band Extensions (2 to 3 sets of 20), and Reverse Curls (2 to 3 sets of 12 to 15) with an EZ Curl Bar. Below are links to demonstration videos for Rubber Band Extensions and Reverse Curls.

Rubber Band Extensions: <https://www.youtube.com/watch?v=TdG57h19MTU>

Reverse Curls: <https://www.youtube.com/watch?v=hxPvLhFJ86k>

Including these drills on a regular basis has been extremely important in my lifting to prevent injuries. I think they can be beneficial for you, as well, and help you stay in top form.

SETTING UP WORKOUTS

You may be thinking that you will have a hard time setting up bending workouts, due to a lack of variety in nail, bolt, and steel bar supplies.

If you're not familiar with all the types of steel that are out there, no problem. I'm going to direct you to the KING of all bending stock lists: <http://www.az-grip.com/calibration.php>

That list is a compilation of nails, bolts, and steel bars that have been "rated," meaning they were bent by adding weight with the same method by individual benders. On the list, you'll find nails, bolts, drill rod, hot & cold rolled steel, etc. This is the ultimate list of bending stock for non-braced bending.

Aside from that list, you can go to just about any hardware store and find a variety of nails and bolts. Feel free to buy things and try them out to see where they lie for you.

It's important to remember that all steel varies a bit, at least. You'll see this in the Steel Progression Chart linked above, because sometimes the "same" piece of steel is listed several times with different bending strength ratings.

As an example from my experience, I've seen at least 3 different kinds of Grade 5 Bolts in my career, and there was substantial variation between them.

Keep in mind that the best way to compare stock is with bars of the same length. For example, I worked with one guy who was surprised to find out that 7" bars that were rated higher were actually easier for him to bend, than 6" bars. This was because of leverage.

As lengths change, so do leverages. Try to focus on drawing comparisons between bars that are the same length, in order to control that variable.

As always, any questions, please feel free to get a hold of me at: jedd.diesel@gmail.com.

OTHER BENDING RESOURCES

Art of Scrolling Steel (Jedd Johnson and Bud Jeffries) - Oldtime Strongmen, such as the Mighty Atom and Slim "The HammerMan" Farman, have always been known for the sculptures they produced out of steel bars. Two modern-day strongman performers with a love steel bending, Bud Jeffries and Jedd Johnson, team up to bring you the world's foremost resource on scrolling steel. Bud and Jedd show you how to make things such as steel paperweights, steel house plants, Christian fish, and many other classic strongman scrolls. <http://thegripauthority.com/scrolling-dvd.htm>

Braced Bending (Jedd Johnson & Mike Rinderle) - This DVD will show you how to destroy EVERYTHING in your path. From frying pans, to steel bars, to horseshoes, and wrenches, Jedd and Mike team up once again to bring you everything you need to know on how to do odd object bending like a champion. It's fun to destroy things around the house - start today. <http://www.thegripauthority.com/braced-bending-dvd.htm>

Hammering Horseshoes (Jedd Johnson & Mike Rinderle) - Learn how to perform the feat of strength that has stood the test of time, Horseshoe Bending, from the Leaders in Grip Strength Feat Instruction, Napalm Jedd Johnson and The Beast in the East, Mike Rinderle. Discover horseshoe progressions, how to wrap shoes for protection and how to kink, sweep and crush them into heart shapes. Why would anyone NOT want to bend horseshoes? <http://www.thegripauthority.com/horseshoe-bending-dvd.htm>

Nail Bending eBook (Jedd Johnson) – This is the most complete reference on nail, bolt, and steel bending that exists. All of the major techniques are explained, including Double Overhand, Double Underhand and Reverse, as well as other lesser known techniques. This eBook is over 180 pages of instruction, including a 60+ page exercise index that will turn your hands, wrists and lower arms into steel bending weapons. <http://www.TheGripAuthority.com/bending.htm>

Nail Bending: How to Melt Steel with Your Bare Hands (Jedd Johnson) – Picks up right where the Bending eBook left off. Complete technical demonstration of the three major Bending Techniques as well as information on strength building, injury prevention, and MORE. <http://www.thegripauthority.com/nail-bending-dvd.htm>

Bending Workout of the Month: Reverse Steel Bending Workout

Sledge Only Workout: Readyng the Wrists for Bending (Jedd Johnson) - Far too often, eager new steel benders jump into bending without proper conditioning. As a result, often these new benders end up with injuries, or they never reach their potential. The Sledge Only Workout will help you prepare yourself for bending so that you can steer clear of injury and see better progress by properly laying a foundation of strength in the lower arms. <http://thegripauthority.com/Sledge-Only-Workout.htm>

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