

# Full Sweep Crush Builder Workout

This is the Full Sweep Crush Builder Workout.

This workout is designed to help you strengthen your crush using wider sets, especially Credit Card Sets (CCS) and even no-set techniques.

I designed this workout for two reasons. First off, there are more and more people training for IronMind Captains of Crush gripper certification than ever before, and the feedback I've gotten is that they need a layout, a training structure, to drive their training and work toward the certification.

The second reason for putting this together is to help gripper trainees strengthen the full range of the gripper sweep. Often, gripsters can easily get the handles moving and make it into the mid-range of the sweep. The problems start arising from the mid-point on, as you get into the final distance of the gripper Range of Motion (ROM), known as the finish.

To close big grippers, you must have a strong finish. After all, the certification isn't for "almost" closing the gripper. As Mean Gene Okerlund used to say, "Almost only counts in horseshoes and hand grenades." You've got to be able to smash those handles all the way to the closed position, covering the Full Sweep, for the effort to count.

This workout includes four parts: (1) Top End Singles, (2) Cadence Work (3) Baby Click Reps, and (4) a Tabata Closer.

For each section, I've given a suggestion for the level of gripper to use. If you have a lot of grippers, it will make it easier to select the perfect one to squeeze on in each section of the workout.

The suggestions I make are based off a percentage of 1 rep maximum. Your 1 rep maximum is the top gripper you can close all the way down, for 1 repetition.

In Grip Sport, for gripper strength, we use a term called pounds RGC. We use a gripper strength measuring device called the RGC to assign a strength level to the gripper. The RGC holds the gripper in place on it's side and a one-inch strap is hung on the top handle with weight suspended from it. More and more weight is gradually added until the handles are just able to touch.

This enables us to compare the grippers from pretty much all the companies out there. Since they all use different numbering systems, the pounds RGC system allows us to compare a gripper from one company to another gripper from elsewhere with great accuracy.

To give you some examples of gripper strength ratings, my best CCS close right now right-handed is about 145lbs RGC, a lower mid-range difficulty IronMind #3 Gripper. My best CCS close left-handed is a 133-lb RGC GHP#6.

So, the grippers I choose for the work I do in each section are based off these 1-rep maximums, much like powerlifters do for their bench press, squat and deadlift.

If you don't have a lot of different grippers to choose from, it's not a problem. Use what you have and just finish off your attempts with some assistance from your off-hand. I do encourage you, however, to get as many full closures with your working hand without assistance, as possible.

Let's look at each section of the workout in detail.

## **Part 1: Top End Singles**

This segment of the workout gets your hands on some upper level grippers. It's important in grip training to include work near your top end on a regular basis, although it doesn't need to make up the entirety of your training by any means. You'll want to choose a tough gripper for this one. In a perfect world, this is a hard gripper you can fully close, but if you don't have a lot of grippers, then you can use a gripper you can't quite close yet.

Since you're using a heavier-end gripper for this portion of the workout, you'll only be going for singles. You'll get plenty of volume work later on in the workout, so set it and hammer it down one time per set.

Suggested Gripper: 90% or Higher of 1 Rep Max

Suggested Volume: 3 sets of 1

Suggested Rest Time: 3 minutes between sets

## **Part 2: Cadence Work**

The term, "Cadence," comes from another product of mine, called Cadence Based Gripper Training. This program is primarily based around gripper rep cadence, which is a combination of a specific rep count and hold time on the last repetition. This program has been extremely important in my gripper training over the last few years and has gotten overwhelmingly positive feedback within the grip community, so I borrowed from it for this workout, as well. (By the way, if you are a member of [TheGripAuthority.com](http://TheGripAuthority.com), this program is free for you.)

For this section you will perform a bit more volume, either doubles or triples, in each set, and then hold the last rep for a 3-count. You don't need a timer to count your hold times. Just count it down in your head.

This method has been very effective at strengthening the end-range of the gripper sweep, the part of the ROM that gives people the most trouble. Specifically important in the execution of these attempts is the use of the Eyeball Parallel Repetition. As the great gripper destroyer, Paul Knight, has said, when doing CCS volume work, there is no need to swipe the card on every repetition, or even to open the gripper back up all the way. All you really need to do is open the gripper back up to parallel. This allows you to focus on the most challenging part of the gripper ROM, the Finish. On top of this, the further you go beyond parallel when you open the gripper, the higher risk you run for the handles slipping, which will make it unnecessarily hard to get the rest of the repetitions you want in that set.

To summarize, when going for more than 1 repetition in the same attempt in this program, set the gripper, swipe the card, smash it down, and when opening back up, just go to an "eyeball parallel," or estimated parallel position, then smash the handles right back down to the closed position.

Suggested Gripper: 75% to 90% of 1RM

Suggest Volume: 3 sets of 2 to 3 repetitions with a 3-count hold on the last repetition

Suggested Rest Time: 3 to 5 minutes between attempts

Regrettably, the end of this video got inadvertently cut off, without my knowing. While you don't get to see this section to its completion, luckily it was only roughly 30 seconds of footage that was lost. I am sorry about that.

## **Part 3: Baby Click Reps**

Baby clicks focus on the end range of the gripper sweep even more intensely. For Baby Clicks, you will set the gripper, swipe the card, and then close the gripper down. You won't hold it in this position, though. Instead, you'll open it back up just enough for light to pass through and then close it back down, continuing to do this until you can no longer get closures.

One thing you'll notice right away when using this technique is that there is a tremendous amount of tension involved. Keep in mind here, you're repeatedly squeezing the gripper back and forth through the hardest part of the sweep. This elevated tension could mean you'll need a bit more rest time between attempts. Given that this is also the third part of the workout, you also may need to use a slightly lighter gripper, as well.

Suggested Gripper: 70% to 85% of 1 RM

Suggest Volume: 3 sets of maximum baby click reps

Suggested Rest Time: 4 to 6 minutes between attempts

## **Part 4: Tabata Closer**

Tabata training involves 20 seconds of activity followed by 10 seconds of rest, done over 4 minutes. I had heard of the effectiveness of Tabata intervals for fat burning in the past, but I had never heard of it being used for grip training, so I wanted to try it.

What I found was that the demands of the Tabata rounds made me be very precise with the gripper set and the card swipe. If I fumbled around, it ate up time. It also forced me to pound the gripper shut as quickly as possible, too. I feel as though these demands made me focus more and made me more efficient in those aspects of the CCS method.

I chose 5 grippers for this finisher: a 125-rated #2.5, a 122-rated PDA gripper, a 117-rated PDA gripper, a 114-rated #2, and a 105-rated #2.

The first round, I started with the 125, and hit it for a single with each hand. For the second, I dropped down to the 122 and hit it for a single, as well. I dropped down to the next lower gripper each round for the first 5 rounds, and then for round #6, I bumped back up to the 125-rated #2.5. What a surprise that was! I could not close it with either hand. I was back to closing them though, once I grabbed hold of the 122. Also, on the second time through, I started off

with my left hand, just to mix it up, since I started right-handed on the first time through the grippers.

By the time the Tabata ended, my hands were spent. It was a very cool way to end the workout. Completely wiped out after one round of submaximal grippers, I stretched my hands out and was happily finished with the routine.

This is definitely a different way of training, and it allowed me to put the finishing touches on the session, and leave it all "in the gym." My hands were beat (although not so bad I couldn't recover in time for my next workout), and I felt good about the session.

Suggested Grippers: 5 grippers ranging from 50% to 85%, in 5 to 10lb RGC increments

Suggest Volume: Mainly singles with each hand for each 20-second round

Suggested Rest Time: 10 second Tabata rest periods

## **Other Suggestions to Make This Workout More Effective**

Naturally, it is suggested to thoroughly warm up the hands prior to performing this routine. I'd suggest at least 15 to 20 minutes of full body and hand work prior to diving into this intense workout.

In addition, I'd recommend that you stretch out the hands, wrists and forearms once your workout is complete. Like I mentioned above, my hands were toast after the Tabata. I got a really crazy pinky pad pump doing all those repetitions in such a short time.

## Other Products from Jedd Johnson

**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>

**August of Arms** (Jedd Johnson) - Are you ready to build a set a of powerful guns?

Would you like to add an inch or more to your arms in just a month's time?

Then get ready for the most intense month of arm-specialization training you've ever experienced. August of Arm includes: 31 full arm workouts, 69 different exercises, Daily Stretching Batteries for maximized growth and recovery, Video demonstrations for every single exercise. If you're ready to blow up those biceps and transform your triceps, get this program today! <http://dieselcrew.com/august-of-arms.htm>

**Basics of Grip Training and Strongmanism** (Jedd Johnson) - Get FASTER RESULTS in your Grip Training. Learn how to do Feats of Strength QUICKER with Fewer Injuries. Learn the fundamentals of Grip Training and Feats of Strength with this 2-DVD Set totaling nearly 4 hours, with all of the footage from the small-group seminar I held in March, 2016. Topics covered: Grippers, Plate Pinching, Euro Pinch, Block Weights, Thick Bar, Support Grip, Feats of Strength, Card Tearing, Steel Bending, Injury Prevention, Recovery, Programming and MORE!

<http://thegripauthority.com/Basics.htm>

**Block Weight Training** (Jedd Johnson) - The first in the High Impact Grip Training Series, this DVD is the go-to resource for Block Weight Training. Showing you training methods and techniques for all forms of Open Hand Training, such as the Blob, Hex Blocks, Plate Pinches and Odd Objects, you will learn the absolute best ways to train for serious hand strength.

<http://www.thegripauthority.com/block-weight-training.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>

**Cadence Based Gripper Training** (Jedd Johnson) - This is an 8-week Gripper Training Program designed around purposeful training and bringing up weakness in all the segments of the gripper closing technique. Includes a full program for both beginners and advanced gripper training, a log sheet, and more. <http://thegripauthority.com/gripper-training-program.htm>

**Call to Arms** (Jedd Johnson & Joe Meglio) - Want to add size to your arms? Don't even try to tell me you don't. Just because you do strength training doesn't mean it's a sin to train the arms once in a while. In fact, it's better if you do because it will keep you safe and healthy. After all, what strength sport athletes have some of the biggest, strongest arms? Strongman Competitors. Ever see how many of them tear their biceps? Lots of pulling but no curling equals risk for tears. Don't let it happen. Get Call to Arms today. <http://megliofitness.com/call-to-arms/>

**Card Tearing eBook** (Jedd Johnson) – The Card Tearing eBook is loaded with techniques you can use to build the hand strength to start doing serious damage to a deck of cards. With the extensive exercise index, designed to build strength in all the components needed for card tearing (strong wrists, fingers and thumbs), in no time flat you'll be ripping stuff up!

<http://www.cardtearing.com>

**CRUSH: Total Gripper Domination** (Jedd Johnson) - This product explores every aspect of Gripper Training you need to know in order to improve your crushing grip strength and even certify in the major gripper certifications. Be amongst the best in the world once you watch this awesome video. Normally an on-line DVD, but you can also upgrade to the hard copy as well.

<http://www.thegripauthority.com/gripper-dvd/crush-dvd2.htm>



**Deceleration Training to Prevent ACL Tears** (Jedd Johnson & Jerry Shreck) - One of the most common season-shortening and career-ending injuries in the morning is preventable - the ACL Tear. In this DVD, you will learn the time-tested protocol Jerry Shreck conducts with his athletes at Bucknell University that has helped drive his ACL injuries down and keep them down for over 8 years. <http://dieselcrew.com/ACL/deceleration-training.htm>

**Fierce Forearms** (Jedd Johnson) - A man can't walk around with forearms that look like pipe cleaners - it's time to build monster forearms that would make Popeye jealous, and this Workout of the Month from TheGripAuthority.com can help you get there. Order now and start attacking your forearms from all angles if you want well-rounded forearm mass: bigger, thicker forearm flexors, a giant set of brachialis, stronger wrists that don't give way under stress. <http://thegripauthority.com/fierce-forearms.htm>

**Fixing Elbow Pain** (Jedd Johnson & Rick Kaselj) - For people who train hard in the gym like us, one of the most common injuries that sets back out training is elbow pain: tendonitis, tennis elbow, golfer's elbow, epicondylitis - call it what you will. But one thing is for certain, once you get it, it can be tough to get rid of it. With this product you will learn how to rehab your elbow pain to get back to pushing the big numbers in the gym, and you'll learn how to keep it from coming back. <http://www.fixingelbowpain.com>

**Fix My Wrist Pain** (Jedd Johnson & Rick Kaselj) - For people who train hard in the gym and have found themselves with nagging wrist pain. This ebook includes a full rehabilitative section by Rick Kaselj, as well as a section on Wrist Pain Work-Arounds and other preventive and pre-hab information by me. <http://www.fixmywristpain.net>

**Grip Training for MMA Athletes** (Jedd Johnson) - The grip is extremely important for Mixed Martial Arts. It can mean the difference between victory and defeat. It can allow you to get in your opponent's head from the instant you get your hands on him. And it can allow you to apply vicious holds that will have them fearing you before you're even face-to-face. This ebook shows you how to make your hands lethal weapons for MMA competition. <http://www.dieselcrew.com/MMA-Grip-Training.htm>

**Grip Training for Track and Field Throwers** (Jedd Johnson and Matt Ellis) - Your hands are the last thing that touches the shot, javelin, discus and hammer when you throw them and any pain, weakness, or injury in your hands will little-by-little undermine all the work you put into your throws. It doesn't matter how much you've worked on technique, how strong your legs are, how fast you can move, if your hands are weak or beat up, they'll shoot a hole into everything else that's going on. Doing the right grip-strengthening work will MAXIMIZE your throwing power. Focusing on proper injury-prevention methods will keep you going strong the whole season long. That means more PR's and top finishes this year. ALL OF THIS is why you need to get your hands on this video... <http://www.griptrainingforthrowers.com/>

**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>

**Hand Blaster Workout** (Jedd Johnson) - Looking for a way to just get all-around stronger hands? Not interested in "specializing" on any one feat or grip discipline? Limited on the amount of specialized grip training gear in your gym/collection? Then the Hand Blast Workout is PERFECT for you. It's all about bringing up your general hand, wrist and forearm strength without having to specialize on a certain form of training or buy a whole bunch of grip training gear. Aside from a basic hand gripper, all you need is stuff that's commonly found in commercial and home gyms. <http://thegripauthority.com/Hand-Blaster-Workout.htm>

**Home Made Strength DVD** (Jedd Johnson & Joe Hashey) – Download the online DVD and immediately learn how to construct 8 bad-ass pieces of equipment that cost a fraction of the price and will last you for years. Build strength without breaking the bank. <http://www.homemadestrength.com>

**Home Made Strength II: Grip Strength Edition** (Jedd Johnson) - It's time to build up your grip strength so you can start benefiting from having a set of strong hands, wrists and forearms. All you need to do is add some equipment to your arsenal, and I will show you how to do it on the cheap. Get ready to develop a world class grip strength and build fun and rewarding grip tools that will last you for years. <http://www.homemadestrength.com/homemadegrip.htm>

**How to Lift the Inch** (Jedd Johnson) - Thomas Inch was a traveling, performing Strongman from England in the late 1800's. One of his signature feats of strength was the "Unliftable" Inch Dumbbell, a mighty hunk of cast iron weighing 172lbs with a handle as thick as a soda can. To this day, lifting the Inch Dumbbell remains one of the biggest goals on grip strength enthusiasts' bucket lists. This full-length video shows you proper Inch Dumbbell lifting technique, a host of high-impact thick bar training drills, as well as an introduction to some of the most widely used grip training implements for developing the strength to pick up this mighty dumbbell. <http://thegripauthority.com/how-to-lift-the-inch-dumbbell.htm>

**How to Make Atlas Stones with Slater Stone Molds** (Jedd Johnson & Steve Slater) - Let Steve Slater, the man who has made more atlas stones than anyone else walking the Earth, show you exactly how the process is done. He will show you live all the ingredients you need for stone making, plus give you all of the hints and tips he has developed all of the years for making top quality atlas stones that you can be proud of in your training. <http://dieselcrew.com/how-to-make-atlas-stones.htm>

**Indestructible Elbows** (Jedd Johnson) - Elbow and high forearm pain are some of the most annoying injuries you can get. Arm pain like this can reduce your strength levels dramatically, and make you have to cut sets short prematurely, and even abandon workouts due to the pain. But it doesn't have to be that way. With the Indestructible Elbows program, you can reinforce your elbows and high forearms, fend off injury, and keep on smashing pain-free workouts. <http://www.thegripauthority.com/Indestructible-Elbows.htm>

**Introduction to Strongman Training** (Jedd Johnson & Steve Slater) - Learn the basic techniques of some of the most common and beneficial events in the sport of strongman. With this DVD, you can be confident you are being taught proper form and mechanics by two great strongman teachers, Jedd Johnson and Steve Slater, two men with over 20 years of Strongman Experience between them. <http://www.dieselcrew.com/strongman-training.html>

**King Kong of Grip Workout** (Jedd Johnson) - This Workout of the Month from TheGripAuthority.com, is actually 4 Workouts in 1 Product. You'll get a complete workout for each of the following events/implements: (1) 1 Hand Pinch on the Adjustable Pinch Device (2) FBBC 2.5" Crusher (3) IronMind Little Big Horn and (4) Grip Topz Hub <http://www.thegripauthority.com/KK/king-kong-of-grip-program.htm>

**Lever Bigger Hammers** (Jedd Johnson) - This was the workout of the month for June, 2013 and it is based around sledge hammer levering, specifically Vertical Levering, where the hammer is taken from the vertical position, to the nose, and back up. This workout and these techniques helped me finally lever a 16-lb hammer and it can help you get there to. <http://dieselcrew.com/lever-bigger-hammers.htm>

**Lift the Blob** (Jedd Johnson) - One of the most famous Grip Challenge items, the term, "Blob," was coined by Richard Sorin, when he set out to lift his half 100-lb original-style York dumbbell head in a Pinch Grip. The first one to do so, he was the first to discover the highly beneficial training method of Block Weight Training. This ebook shows you how you can train to Lift the Blob, too, even if you have small hands, and even if you don't own an actual half-100lb Blob. <http://www.thegripauthority.com/lift-the-blob.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>

**Napalm Pinch: How to Dominate the Two Hands Pinch** (Jedd Johnson) - This DVD shows you everything you need to know to take your Two Hands Pinch training to the next level. With information on Technique, Hand and Device Prep, Drills, and Contest Programming, you'll learn the ins and outs of Two Hands Pinch training from the man who held the World Record in the lift for close to 5 years.

<http://www.thegripauthority.com/NapalmPinch/two-hands-pinch-dvd.htm>

**Neckvember** (Jedd Johnson) - This was the muscle building program of the month for November 2016. No more looking like the quintessential pencil-neck-geek, walking around with a neck that looks like a stack of dimes. It's time to fill out that collar by building a thicker neck in 30 days. <http://www.dieselcrew.com/neckvember.htm/>

**November to Remember** (Jedd Johnson) - The holiday season is notorious for making you put on weight, due to all the parties, all the shopping, all the fast food, and other liberties. This year, you change that, with November to Remember, by adding strategic cardio sessions to your days in order to amp up your metabolism. This year, you don't put on weight during the holidays - you take it off - make it a November to Remember.

<http://www.dieselcrew.com/NTR/november-to-remember.htm>

**Operation: Gripper Certification** (Jedd Johnson & Paul Knight) - Just like the Deadlift, Clean & Jerk, or any strength lift, technique is EXTREMELY important in order to be successful with Gripper training. These days, more than ever, strength enthusiasts want to become certified Captains of Crush, but the technique of gripper training continues to hold them back. Featuring Paul Knight, one of the best gripper guys in the USA, this DVD explores IronMind COC-specific training, to help you become the next Captain of Crush.

<http://www.thegripauthority.com/OGC/gripper-certification.htm>

**Phone Book Mass Destruction** (Jedd Johnson) - You've seen the performing strongman doing the classic feat of strength of phone book tearing. To do this feat legitimately, it requires a keen balance between strength and technique. Unfortunately, most of the big time performers do not want to share their secrets for either of these facets, but with Phone Book Mass Destruction, I will show you multiple techniques for tearing phone books, plus how to train the hands, wrist and forearms in order to not only wreak havoc on phone books, but also to bring up your lifts in the gym. <http://www.thegripauthority.com/phone-book-tearing.htm>

**PUSH and CRUSH** (Jedd Johnson) - The May 2013 Workout of the Month shows you how to combine Upper Body Push Training with Gripper Training in order to take your gripper performance to new heights. This method was shown to me by Paul Knight, one of the best Gripper Closers in the United States: <http://thegripauthority.com/push-and-crush.htm>

**Road to the Record DVD** (Jedd Johnson) – This Documentary shows you the exact Pinch Training I did from October to December of 2009 when I broke the record in the Two Hands Pinch. [http://www.dieselcrew.com/road\\_to\\_the\\_record](http://www.dieselcrew.com/road_to_the_record)

**Silver Bullet: How to Develop Monstrous Crushing Strength and Endurance** (Jedd Johnson) - As if it isn't hard enough just to close big grippers. IronMind had to go and make it even more challenging with the Silver Bullet Hold. With the Silver Bullet Hold, you close down a gripper onto the Bullet, with 2.5 kilograms hanging from it and hold it for time. Demanding both gripper strength and holding endurance, the Silver Bullet Hold is the perfect desert for your Gripper Training workout. This DVD will show you everything you need to know to maximize your performance on this heart-pounded, hand-exploding event. <http://thegripauthority.com/SilverBullet/SilverBullet.htm>

**Stone Lifting Fundamentals DVD** (Jedd Johnson) – This DVD covers everything you need to know to safely add stone lifting to your training repertoire. Designed to benefit strongman competitors, strength coaches, and strength enthusiasts, we cover the basics of stone lifting as well as advanced stone training techniques. <http://www.dieselcrew.com/stone-training/>

**The Grip Authority Instructional Site** (Jedd Johnson) – Be a part of a community with monthly video lessons and workout plans for performing feats of strength and developing strong hands for all sorts of athletic endeavors. <http://www.thegripauthority.com>

**Training with Napalm's Nightmare** (Jedd Johnson) - The Napalm's Nightmare is the perfect blend of thick bar grip training, with full body dynamic power. The Napalm's Nightmare consists of two rolling handles, each nearly 2.5" in diameter. It connects to a loading pin, which allows you to go as heavy or light as you want or need to. And when you hook up onto the Napalm's Nightmare, it becomes the hardest kettlebell swing you ever did, and the nastiest two-handed deadlift you ever tried. Get Your Copy of this Full Length DVD, and find out what else you can do with the Napalm's Nightmare to take your strength levels to new heights!

<http://dieselcrew.com/store/product/napalms-nightmare-revolving-handle/>

**Two Hands Pinch Workshop** (Jedd Johnson) - Do you feel like your progress on the Two Hands Pinch has come to a screeching halt? You'd be surprised how big of an effect small modifications to your technique can have on your Two Hands Pinch abilities. In February 2014, I held the first ever Two Hands Pinch Workshop. Over the course of the day, John Manna was able to add nearly 30 lbs to his 2HP, by implementing these small changes you're about to find out. Would YOU like to add 30lbs to your 2HP? It's possible with this DVD.

<http://www.dieselcrew.com/learn-two-hands-pinch-grip-sport-training>

**Ultimate Forearm Training for Baseball** (Jedd Johnson) – The complete resource for forearm and grip training for baseball. Hit more home runs, hit for a better average, add velocity to your fastball, and increase your injury resistance by training the lower arms the RIGHT WAY!

<http://www.advancedbaseballtraining.com/forearmtrainingforbaseball>

**Ultimate Sled Dragging Manual** (Jedd Johnson) – Sled dragging is a very beneficial type of training for athletes because of its potential to develop strength, power, speed, and to support restoration. Within this manual, we define dozens of sled dragging exercises which will bring a variety to your sled dragging that you never thought was possible.

<http://www.dieselcrew.com/dieselsled.htm>

**The Wrist Developer** (Jedd Johnson) - The Wrist Developer, made by David Horne's World of Grip, is a great tool used to train for wrist strength for reverse nail bending, and it is used in Grip Contests as well. This DVD shows you how to get the most out of the device, both for developing wrist strength for reverse bending and for finishing as high as possible in contests.

<http://thegripauthority.com/wd/wrist-developer.htm>

**Yoketober** (Jedd Johnson) - Do you want to build bigger traps? Get a thicker upper back? Rounder shoulders, meatier triceps and just plain cast a bigger, wider shoulder? Then you need to do some specialized YOKE TRAINING. The Yoke is the back of the upper torso: the traps, the upper back, the posterior delts and the triceps, and in this program, you'll attack every part of the Yoke every single day of the month, the whole time tracking your goals and seeing how big of a monster you become by the end of the month. <http://dieselcrew.com/yoketober.htm>

## Stay Connected

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