

How YOU Can Dramatically Thicken Your Wrists, Forearms and Biceps FAST and Lift MORE WEIGHT With Every Single Movement

If you are fed up with missing lifts and cutting sets short due to a slipping grip, keep reading. If you want to shatter personal records of all kinds, grab hold of this information. The strongmen of yore held the secret weapon of strength in their big, meaty paws.

Andy Bolton, the first man to deadlift over 1,000 pounds, credits two of the exercises in this very program as "the ones that have enabled a dream like a 1,008-pound deadlift to become a reality."

Can you honestly say that grip is not a **limiting factor for you?**

Let's be honest, **it probably is.** While you diligently train your heart, lung, chest and legs, you only THINK you train your arms. Sure, you do biceps curls and triceps extensions — you might even add in wrist curls — but you are still missing 90 percent of the lifts that will make you better.

What does this cost you?

Inches of dense muscle tissue. Hundreds of total pounds subtracted off of lifts. A higher risk of injury to elbows

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how to grip strength training

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