



Mastery of Hand Strength, Revised Edition

By John Brookfield

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Mastery of Hand Strength, Revised Edition By John Brookfield

Mastery of Hand Strength is the beloved book on grip strength that just about every grip guy in the last 10 years has read, probably at least twice. And now there's a reason to read it yet again. John has added a whole raft of new training ideas and approaches, 38 new exercises on crushing grip and dynamic training with hand grippers, pinch grip, dumbbells, fingers and wrists--all newly-minted material that is typical of John's creativity and cutting-edge thinking. If strong hands and mighty wrists appeal to you, it's your starting point for world-class grip and lower-arm strength.

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Editorial Review

About the Author

John Brookfield is a never-ending source of creative approaches to grip training. As the second man in the world to close the fearsome No. 3 Captains of Crush Gripper, and the first to officially bend the IronMind Red Nail, he has inspired and educated countless people who have gone on to excel in these areas.

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