



Practice These Exercises To
IMPROVE GRIP STRENGTH

OVERVIEW:

Almost nothing determines your physical capabilities as much as your handgrip. It's what enables you to grab, hold, squeeze, pinch, lift, and support all sorts of items. Without a strong grip, fine motor skills such as writing with a pen or carrying a glass of water can be challenging.

Print this guide to two handgrip exercises to help you work them into your normal fitness routine and improve your grip strength.

WHAT'S INCLUDED:

- *Steps to successfully complete a farmer's carry and a medicine ball carry*

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FARMER'S *Carry*

1. Stand with your feet shoulder-distance apart with a kettlebell or dumbbell on the outside of each foot.
2. Bend from your knees and hips to grab the weights with each hand. Keep your back as straight as possible.
3. Stand, and hold the weights at your sides with your arms straight down.
4. Hold this position for thirty seconds to a minute, and then carefully lower the weights. (Don't drop them.) Repeat up to ten times.
5. For an extra challenge, walk in laps carrying the weights, keeping your shoulders back.



MEDICINE BALL *Carry*

1. Stand with your feet shoulder-distance apart with a medicine ball in front of you.
2. Bend from your knees and hips to grab the ball with both hands.
3. Lift the ball to your diaphragm. Hold this position for ten seconds.
4. Safely lower the ball to the ground, then stand up straight. Repeat up to ten times.