### start HEALTHY



### **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.

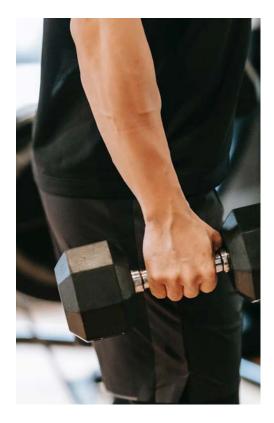
Print this guide to two handgrip exercises to help you work them into your normal fitness routine and improve your grip strength.

### WHAT'S INCLUDED:

 Steps to successfully complete a famer'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.