

# **THE GRIP MASTERS MANUAL**

Louis Dozal

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As I got stronger and more used to the heavier balls, I continued to add duct tape around the balls, making them thicker-and more difficult to work. The Grip Masters Manual other example of strong hands but small hands I will use is myself: I have small hands and have excelled in all types of hand strength. Usually in the background, you can see his fire for heating the steel.

Leverliftsplusgripwork:anewstrengthequation From there, I went to a movement I wasn't sure was possible: rotate three balls in one hand with my palm facing downward. Hand blasts: developing the explosion Place a hook in the two-inch side of the wood at The Grip Masters Manual center point, and run a wire, small chain, or small rope through the hook, attaching it to a loading pin with weights, or a bucket of gravel, or

anything you want to use for weight.

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Luebben. He did not have a naturally strong pair of hands.