

# **Ultimate Forearm Training for Baseball**

## **Sample Grip Explosion Workouts**

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# Ultimate Forearm Training for Baseball

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# SAMPLE WORKOUTS

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Forearm and Grip training can be done in many ways. It is a good idea to vary the way you train your grip often, so following are several workouts of different designs and layouts to help you develop forearms, wrists and hands that will help you lead the league in multiple offensive categories.

Each workout is given a name. The name has to do with the main emphasis of that workout. For instance, Leverage Buster Day involves many exercises where leverage comes into play, such as hammer leveraging and plate curls. Another example is Forearm Explosion. In this workout, the goal is get a huge pump using a lot of repetitions.

The workouts are designed to be 30-minute workouts fully devoted to grip training. If this is not possible given your time limitations, you can pick and choose the movements you would like to. However, I strongly encourage performing the "Preventive" movement in order to strive toward antagonistic balance. This can keep your hands healthy, your forearms injury free, and your strength levels constantly increasing.

Try these workouts a couple of times and see how light your bat feels. You'll be whipping it through the zone with fury and attacking the ball.

## **2. LEVERAGE BUSTER WORKOUT**

This is the Leverage Buster because it has so many leverage-style lifts in it. We will begin with Hammer Offset Curls. While this exercise can be made very intense, we will keep it more moderate by keeping the lever arm of the hammer shorter and less demanding to curl. Next is Plate Wrist Curls. Choose a weight that you can get 10 times for three sets. For the secondary exercises, start with Hammer Levers to the Nose, followed by Two Hand Dumbbell Deviations done in strict fashion (control the dumbbell - do not move it too quickly). For Preventive, we will finish with a wrist extension movement, EZ Bar Wrist Extensions.

## 2. LEVERAGE BUSTER WORKOUT

<b>Purpose</b>	<b>Exercise</b>	<b>Sets X Reps</b>
Primer	Hammer Offset Curls	2 X 10 Both Ways
Primary	Plate Wrist Curl	3 X 10
Secondary A	Hammer Lever to Nose	3 X 3
Secondary B	2H Dumbbell Deviations	3 X 20
Preventive	EZ Bar Wrist Extensions	3 X 15

\*\* Print this portion of the workout and take it with you. Write your performances in below the text and put it into a notebook to track your progress. Always be aware of what you did the last workout so you can see how much you are developing.



## 5. FOREARM EXPLOSION

The goal with this routine is to inflate the forearms like they never have before. For the Towel Pull-ups, choose very thick towels. The primary grip exercise is Dumbbell Wrist Curls performed in wrist flexion on the thigh. Do not be tempted to blast through these. Go slowly and strictly and feel the tendons and muscles flex as they perform the work. The secondary exercises are EZ Bar Reverse Curls combined with a Plate Pinch Hold for Time. The objective is to pump the backs of the forearms full of blood with high reps and low weights in the EZ Bar Reverse Curls, and then move directly into a Plate Pinch Hold for Max Time (plates in each hand). You will have to focus intensely on holding the plates after ripping out your sets of 20 strict repetitions in the reverse curl. Use 3 or 4 tens or two 25's for the Plate Pinch Holds. End with 3 sets of Rubber Band Holds for at least 30 seconds. For this one, your forearms are already going to be fried from the Reverse Curls, so it might be tough, but remember that the effort you put in with this workout can make the difference in how your forearms feel throughout the entire long season.

## 5. FOREARM EXPLOSION

<b>Purpose</b>	<b>Exercise</b>	<b>Sets X Reps</b>
Primer	RT Pull-ups	3 X 8
Primary	Dumbbell Wrist Curls	3 X 20
Secondary A	EZ Bar Reverse Curls	3 X 20
Secondary B	Plate Pinch Hold for Time	3 X Max Time
Preventive	RB Extension Hold	3 X 30 seconds

\*\* Print this portion of the workout and take it with you. Write your performances in below the text and put it into a notebook to track your progress. Always be aware of what you did the last workout so you can see how much you are developing.

### **Don't know the movements I am referencing in the above workouts?**

You will. Every single movement that appears in the workout section is covered and demonstrated with clear descriptions and high resolution images.

### **Don't like one of the movements?**

All exercises are arranged by their primary movement pattern (flexion, extension, crush, etc.) You can go back, find a movement you are more comfortable with and do it instead.

### **Don't have the equipment to do the movements?**

No problem. Most of the grip tools shown can be replaced with very similar equipment. Also, many of the movements involve hardware equipment that you can buy not only for training but also other uses. Examples include sledgehammers and towels.

### **How did you make these pieces of equipment?**

I am one of the LEAST mechanically-inclined people in the world. If I can build these things, then you can. The most complex part about making the equipment is cutting and welding it. A buddy with the equipment can do it for you, a parent, etc. What I have done in the past is gone to the Garage where I get my car worked on and ask them for help. I have gone to them for years and they have helped me out with many projects. I bet your mechanic will help you out too.

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