

# GRIP PROGRAM TEMPLATES

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## PROGRAM TEMPLATES

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### THE PROGRAM:

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The program consists of two phases. Each phase is done for 4 weeks, after which I suggest taking 4 weeks off between the first and second phase and then taking a break of 2-3 months before repeating. If you want, you can keep cycling them month on, month off for the whole time, but I find that doing this work 1-2 times a year to be sufficient for most.

### PROGRESSION:

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We are using a linear progression model in this program. This means that your aim is to add 1-2 repetitions per set to each exercise per repeat of the program (so in each session). Once you can achieve all the sets and reps for an exercise, you increase the weight or increase the leverage of the exercise.

An example would be if the exercise calls for 3 sets of 12-15 repetitions, you would aim to select a weight that you could lift 14 times in the first set. Then it might drop to 12 and 12 in the next two sets. The next time you do the program you will aim to do 15, 14, 13, reps until you do a work out with all sets consisting of 15 repetitions. Then you will increase the resistance (weight or lever) so the first set is harder and repeat.

### FREQUENCY

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This program is best trained twice a week, leaving a three to four day gap between sessions. It is best done after training and on the same day as your handbalance training.

## TEMPO:

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The tempo of an exercise is the speed at which one repetition is performed. Each rep has 4 phases:

**Eccentric:**

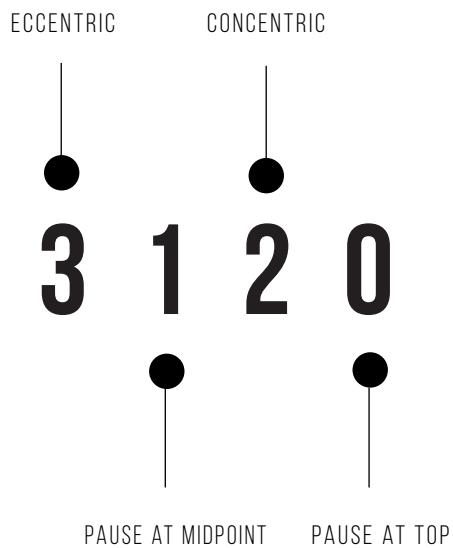
lowering phase of the exercise, where the affected muscles are lengthened.

**Pause at the midpoint/bottom of the rep.**

**Concentric:**

the lifting phase of the rep where the affected muscles are shortened.

**Pause at the top.**



The above graphic is how tempo is notated. One repetition at this tempo would consist of a 3-second eccentric with a 1-second pause at the midpoint, followed by a 2-second concentric and no pause at the top before starting the next rep.

## PHASE ONE

| Order | Exercise                   | Sets | Reps  | tempo | Rest |
|-------|----------------------------|------|-------|-------|------|
| A1    | <b>Bent arm supination</b> | 3    | 12-15 | 2110  | 60s  |
| A2    | <b>Bent arm pronation</b>  | 3    | 12-15 | 2110  | 60s  |
| B1    | <b>Ulnar Flexion</b>       | 3    | 12-15 | 2111  | 60s  |
| B2    | <b>Radial Flexion</b>      | 3    | 12-15 | 2111  | 60s  |
| C1    | <b>Wrist Extension</b>     | 3    | 12-15 | 1212  | 60s  |
| C2    | <b>Wrist Flexion</b>       | 3    | 12-15 | 1212  | 60s  |

## PHASE TWO

| Order | Exercise                       | Sets | Reps | tempo | Rest |
|-------|--------------------------------|------|------|-------|------|
| A1    | <b>Straight Arm Supination</b> | 3    | 8-10 | 2110  | 60s  |
| A2    | <b>Straight Arm Pronation</b>  | 3    | 8-10 | 2110  | 60s  |
| B1    | <b>Ulnar Flexion</b>           | 3    | 8-10 | 2210  | 60s  |
| B2    | <b>Radial Flexion</b>          | 3    | 8-10 | 2210  | 60s  |
| C1    | <b>Wrist Extension</b>         | 3    | 8-10 | 2012  | 60s  |
| C2    | <b>Wrist Flexion</b>           | 3    | 8-10 | 2012  | 60s  |