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Mastery of Hand Strength, Revised Edition

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Mastery of Hand Strength, Revised Edition

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Mastery of Hand Strength, Revised Edition John Brookfield
Mastery of Hand Strength is the beloved book on grip strength that just about every grip guy in the last 10 years has read, probably at least twice. And now there's a reason to read it yet again. John has added a whole raft of new training ideas and approaches, 38 new exercises on crushing grip and dynamic training with hand grippers, pinch grip, dumbbells, fingers and wrists--all newly-minted material that is typical of John's creativity and cutting-edge thinking. If strong hands and mighty wrists appeal to you, it's your starting point for world-class grip and lower-arm strength.

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