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The second edition of John Brookfield's book Mastery of Hand Strength provides a complete guide to grip and lower-arm training. Bulging with exercises for building strength from your elbows to your fingertips, this book features dozens of John's unique training ideas and creative approaches to crushing grip, pinch grip, dumbbells, fingers, and wrists.

Mastery of Hand Strength by John Brookfield - grip ...

John Brookfield's Mastery of Hand Strength is definitely aimed at the seasoned grip enthusiast - who has a bigger budget! I would rate it as 3.5 stars, but as I can't use 1/2 measures, I've been kind and given it 4 stars. The majority of my negatives could easily be corrected, ...

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Mastery of Hand Strength is the book on grip strength - the one that every grip guy in the last 10 years has read, probably at least twice. John Brookfield was the second man in the world to officially close the fearsome No. 3 Captains of Crush Gripper and the first to officially bend the IronMind Red Nail, and he has inspired and educated countless people who have gone on

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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. & now there's a reason to read it yet again. John has added a whole raft of new training ideas & approaches, 38 new exercises on crushing grip & dynamic

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Now in its second edition, Mastery of Hand Strength is the book on grip and lower-arm training. Chock-full of exercises for building strength from your elbows to your fingertips, this book will motivate you with John's new training ideas and creative approaches to crushing grip, pinch grip, dumbbells, fingers, and wrists. 112 pp.

"Mastery of Hand Strength", by J. Brookfield | Improve ...

Buy Mastery of Hand Strength Revised by Brookfield, John, Strossen, Randall J. (ISBN: 9780926888814) from Amazon's Book Store. Everyday low prices and free delivery on eligible orders.

Mastery of Hand Strength, Revised Edition - Grip & Lift ...

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Mastery of Hand Strength: Amazon.co.uk: Brookfield, John ...

Mastery of Hand Strength by John Brookfield is a book about one aspect of strength - hand strength. It's a truism of strength that if your hands can't grip it, you can't lift it. Obviously that excepts things like weighted vests and some kinds of squats. But generally your grip can become a limiting factor on your strength.

Mastery of Hand Strength by John Brookfield

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Mastery Of Hand Strength Vs Captains Of Crush Book ...

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Strength Basics: Book Review: Mastery of Hand Strength ...

Hi guys,My goal is to close the no.3 Captains of Crush Gripper. I can currently close the no.1 only a couple of times (just starting out)Which book would be the best to buy to reach my goal.Mastery of Hand Strength by John Brookfield (or his newer book) The Grip Masters Manual or should I buy the...

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Mastery of Hand Strength: Brookfield, John, Strossen ...

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