



Grip Training of The Beast: Progressions of Reflection (Grip Obsession Book 1)

John McCarter

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Having hands of steel are what will determine your progress towards the desired goal you have in place: work, weightlifting, kettlebells, feats of strength. The book contains the personal training methods of John "The Beast" McCarter for Grip Strength and his madness to all things grip.

In this book, you will learn the ideas of how he progressed in hand strength to barely closing a Captains of Crush No.2.5 to the fearsome No.3 Certification. And the frame of mind that has allowed him to push beyond normal means to achieve his goals in obtaining a stronger grip.

Here are a number of other things in which you shall find: Grip Lingo, the different types of training ideas, the different types of grip training tools, how to set yourself up for victory for your training, the mindset, and many more ideas.

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