



## Mastery of Hand Strength, Revised Edition

By John Brookfield

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### **Mastery of Hand Strength, Revised Edition** By 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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## **Mastery of Hand Strength, Revised Edition** By John Brookfield Bibliography

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## **Editorial Review**

### **About the Author**

John Brookfield is a never-ending source of creative approaches to grip training. As the second man in the world to close the fearsome No. 3 Captains of Crush Gripper, and the first to officially bend the IronMind Red Nail, he has inspired and educated countless people who have gone on to excel in these areas.

## **Users Review**

### **From reader reviews:**

#### **Ana Steadman:**

Spent a free time and energy to be fun activity to accomplish! A lot of people spent their free time with their family, or their particular friends. Usually they doing activity like watching television, going to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Will you something different to fill your current free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the guide untitled Mastery of Hand Strength, Revised Edition can be fine book to read. May be it can be best activity to you.

#### **Genoveva Johnson:**

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#### **Ryan Wysocki:**

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