

Wrist and grip strength is important to develop when weight training to improve your ability to stabilise the weight. This will prevent wrist injury and allow you to utilise heavier weights while lifting. There are two important parts to wrist and grip strength. You must have enough strength to be able to close your hand from an open position, which can be trained with repeated hand squeezes. The other is to have enough strength to keep your hand in the closed position, which can be addressed with the arm hang. Two exercises can be utilised to address each of these types of grip strength.

HAND SQUEEZE

Step 1

Place the hand gripper between the palm of your hand and the tips of your fingertips. Your thumb should be wrapped around the other handle.

Step 2

Push your fingertips against the handle of the gripper until both of the handles touch.

Step 3

Hold this position for five seconds and slowly relax your grip.

Step 4

Repeat the squeeze, hold and relax combination 10 times for each hand for one set.

Perform at least three sets for each hand.

ARM HANG

Step 1

Step onto a chair or step that is close to a pullup bar.

Step 2

Grab the pullup bar with an overhand grip with your hands spaced one foot apart.

Step 3

Step off of the chair slowly so that your body hangs.

Step 4

Hold this position for as long as possible. Make sure you breath regularly while you continue to grasp the bar.

Step 5

Step back onto the chair once you feel you can no longer hold onto the bar. Perform at least three holds for as long as you can with one minute between each hold.

TIPS AND WARNINGS

You should perform these two exercises back-to-back as an efficient workout that targets the two aspects of grip strength. The hand gripper will fatigue your wrist flexors, which will make the arm hang even more difficult.

Wrist and grip exercises should be performed at the end of your normal weight-training routine. Tired forearms increases the chance of dropping weight during exercises that work other muscle groups. This can lead to injury.

THINGS YOU'LL NEED

Hand gripper

Pullup bar

Chair