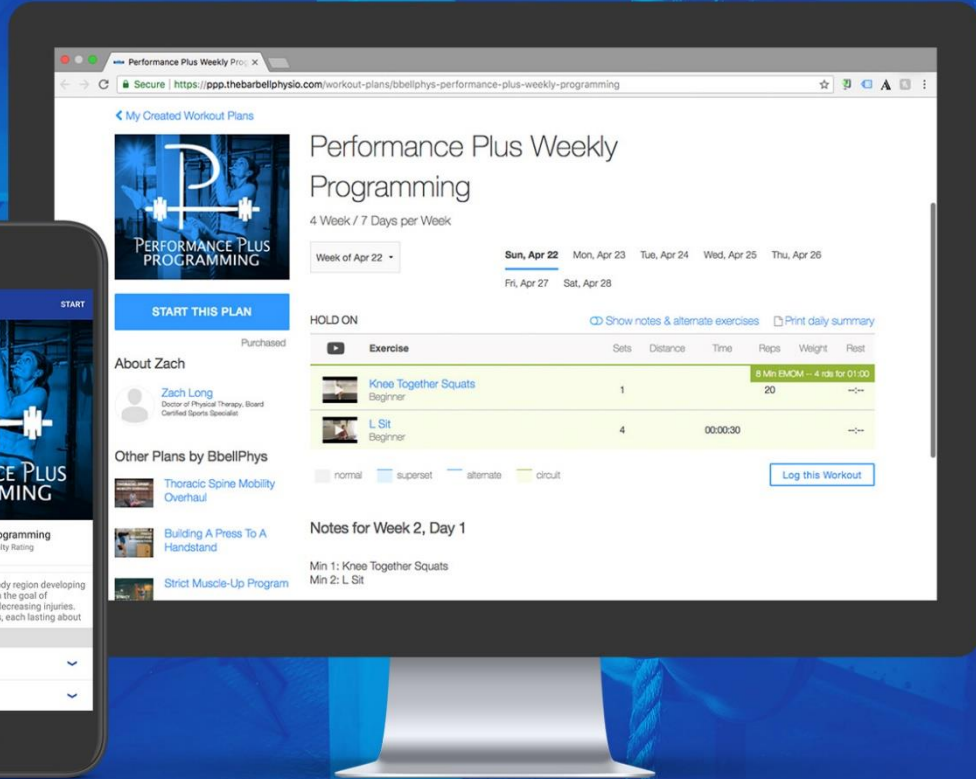


PERFORMANCE PLUS PROGRAM THREE WEEK GRIP STRENGTH PROGRAM



Thanks for downloading our grip strength program! Whether your goal is to lift more weights or improve your gymnastics skills, grip strength is a crucial component of your skill development.

This three-week program is designed to be performed after your regular training program. Set aside an extra ten minutes of work to improve your grip strength and endurance.



[Performance Plus Programming](#) has a simple goal. To bring your performance to a new level by focusing on technique training with a Prehab twist. We have 30+ programs designed to help athletes of all skill levels reach their fitness goals. From your first pull-up, to increasing muscle-up volume, improving mobility, increasing strength, maximizing your endurance, and much more! By becoming a member of [Performance Plus Programming](#), you will get access to all of our programs which we regularly add to based on member requests. You will also have access to all the plans through our smartphone app.

Our programming is written by some of the best coaches in the fitness game!



Pamela Gagnon is a leader in the area of body weight strengthening movements for today's athletes and currently a Lead Coach for The Gymnastics Course. Her background as a Division I Gymnast and CrossFit Games Masters athlete has given her over 30 years of experience as an athlete & coach. She coaches athletes worldwide on how to implement strength and gymnastics skills to improve their fitness performance.



Dr. Zach Long, better known as The Barbell Physio, is an internationally known physical therapist and strength coach. Zach consults regularly with elite weightlifters, CrossFit games athletes, and professional athletes from a wide range of sports. His expertise is in improving sports performance while simultaneously decreasing injury risk factors.

WEEK ONE

*Note: for all days in this programming, scale weight as needed. All weights listed are for athletes that typically perform workouts Rx'd (as prescribed).

DAY ONE

On a ten minute timer:
3 sets max reps:

- [Wrist flexion curls](#) each arm (select weight making approximately 15 reps challenging)
- [Wrist extensions](#) each arm

With remaining time perform max distance farmers carry (Rx weight 53/35 lbs.)

DAY TWO

10 minute EMOM (every minute on the minute)

- 40 second [wrist rollers](#) (Rx 10/5lbs)
- x40 seconds [double KB deadlifts](#) (Rx 70/53)

DAY THREE

10 minute AMRAP (as many rounds as possible)

- x10 [landmine rows](#) per arm (Rx bar plus 45/25)
- x12 [towel curls](#) (Rx 53/35)



WEEK TWO

DAY ONE

5 minute AMRAP:

- x10 [hammer curls](#) (35/25)
- x10 [wrist extensions](#) (select weight making approximately 15 reps challenging)

Then 5 minutes max distance [plate pinch and carry](#) (2-3 plates pushed together)

DAY TWO

10 minute EMOM

- x8 [alternating rows](#) (53/35)
- x20 second [single arm hang per arm](#) (sub with max double arm hang)

DAY THREE

10 minute AMRAP

- x12 [towel curls](#) (53/35)
- x10 deadlifts (135/95)
- x8 [bent over rows](#) (135/95)

* Do not set bar down during deadlifts and rows



WEEK THREE

DAY ONE

On a ten minute time:

3 rounds:

- x10 [kettlebell rows](#) (Rx 53/35)
- x8 [body drag curls](#) (85/55)

Max distance [farmer carry](#) in remaining time (Rx weight 53/35)

DAY TWO

10 minute EMOM

- 40 second [wrist rollers](#)
- 40 seconds [max towel curls](#) (Rx 53/35)

DAY THREE

10 minute AMRAP

- Max time [single arm hang](#) per arm (sub with max double arm hang)
- 50ft [plate pinch and carry](#) (2-3 plates pushed together)

