

Chapter 1 : Jedd Johnson

He really gives you everything you need to know to get you started bending... you? - Hit more homeruns - Add yards to your drive in golf - Complete more... in the back yard - Pull heavier weight in the deadlift - More stick speed in h... the ladies! - Free drinks at the bar - Make more tackles - Get more take dow... - Be more steady when shooting your firearm Can you believe nearly 33%... These exercises will turn your hands into weaponry, ready to mangle any s... tell you a story about how I got into bending nails, bolts, and other stuff.He'... to hand strength but what I didn't realize is how much more advanced his... particular, is than mine.I have taught athletes, fellow strength coaches, an... nail bending.

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Chapter 2 : www.TheGripAuthority.com

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Chapter 3 : The Grip Authority

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