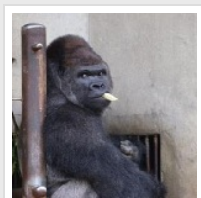




Wrist & Forearms

Wrist & Forearms

Thread Modes



Machiavellian

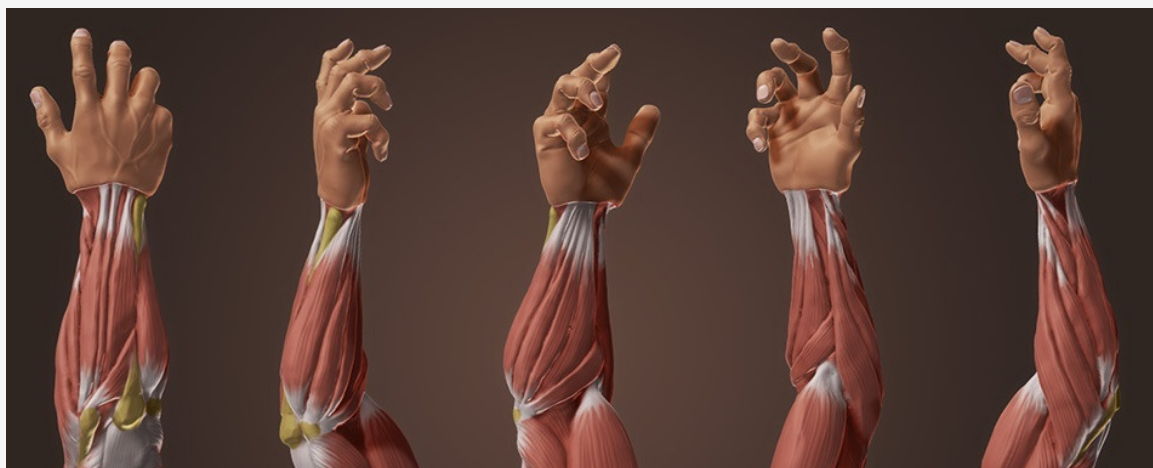
Senior Member



Posts: 671
Threads: 52
Joined: Jun 2015
Reputation: 240
Tinder Matches: 40
Dates: 5
Kisses: 50
Slay Count: 3

06-29-2015, 05:18 PM (This post was last modified: 06-29-2015, 05:19 PM by Machiavellian.)

#1



Today I am going to talk about building bigger overall forearm mass, and more importantly how to really target that small amount of muscle just below the wrist. Some of this will be new to some, some of this will be a been there done that.

1. Order the Heavy Gripz or the Vulcan Grip

This is one of the simplest ways to up your forearms is just focusing on raw grip strength. Use these both right side up and upside down since the fingers on the bottom of the grip are contributing a larger slack. One thing that happened from using these is my pinkies are still weak in the sense that they are pinkies, but are considerably strong for that and will pay off for #3 which is the goldmine for getting that area below the wrist thicker. Using grippers during the beginning had my hand sore everywhere working reps with the 150's, like that space between your finger through your palms was is pain the next day. Doing this on a strong test and nandrolone cycle may yield some finger and palm thickness gains. Years ago I read about a 17 year old (who I communicated with on same forum) who worked up to the 300lb grippers and said that it helped his arm wrestling (wanted to be competitive arm wrestler) and did a lot of different things to up his wrist size from a 6.5" to a 7.5" dom wrist, however I am dismissing grips as being able to make the actual wrist thicker.

NOW AVAILABLE IN 6 DIFFERENT STRENGTHS!

- Heavy Grip 100 - 100lbs for beginners, women, young athletes and warm-ups.
Heavy Grip 150 - 150lbs : Intermediate
Heavy Grip 200 - 200lbs : Advanced
Heavy Grip 250 - 250lbs : Professional
Heavy Grip 300 - 300lbs : The "Gripper King"
Heavy Grip 350 - 350lbs : The "Grip Monster"



MORE DETAILS >>



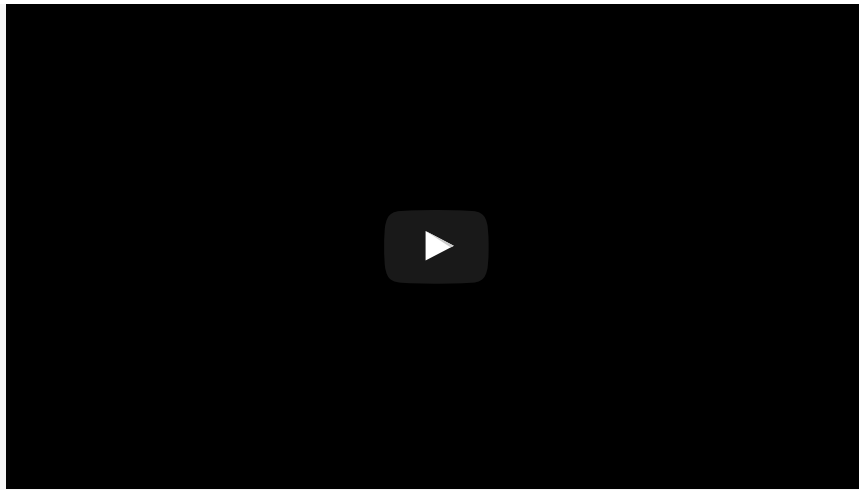
## 2. Order Fat Gripz and Fat Gripz Extreme

These are so you have a wider hand grip to put over a bar. First instinct might tell you this is all for pulling but your wrong. Try doing curls with these and it is like the bar is trying to pry your hands open during the rep, your forearms get blasted during dumbbell flys. Another thing i use them during presses too. This is one trick to make the muscles right below the wrist grow is that while your hand is wider and closer to open, those muscles right below the wrist are more activated in balancing and stabilizing. It will be hard but try and use the regular fat gripz for pulling and ge the fat gripz extreme for the pushing and everything else.



## 3. Wrist Rotation

This is the neglected thing nobody does for forearms cause people often don't see a reason why it helps other gym lifts. Most people do a pointless rotation workout where they hold a dumbbell and spin it which not many do in the first place. There is only one simple wrist rotation exercise I know otherwise you need to get inventive. The first one is in the video below, however this is missing something and that is the wider grip that fat gripz provide. Ty an experiment. Put one fist in front of you and your other hand catching the fist, wrap you open hand around that fist and try to spider your fingers around it, and now rotate the fist in both directions with the gripping hand while the fist hand resist. This rotation done with the wider grip and spread out fingers does wonders to target these muscles below the wrist, getting that thinnest part of the forearm bulked up.

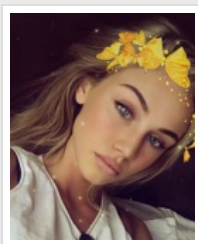


I have yet to find a more efficient way to do rotation short of doing something like a wrist roller contraption on some random bar or pole with a door knob like object super glued on one end of the pole, this did not hold forever. Need a high quality metal knob or handle and a welding torch.

You can still do wrist curls, reverses, dead hangs, etc. Just consider incorporating all of this into your forearm and wrist routine

Find

Reply



**purps drank**

Super Moderator



Posts: 3,470  
Threads: 141  
Joined: Jun 2015  
Reputation: **1,290**

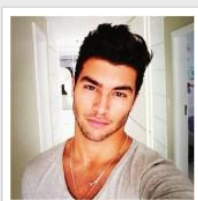
Find

06-29-2015, 06:41 PM

#2

Wow, super legit. Going to start doing all of these things once I start gymceling again next week. Thanks for the info.

Reply



**Nizoral Babe**

Colez Biker Gang



Posts: 891  
Threads: 24  
Joined: Jun 2015  
Reputation: **55**

06-30-2015, 01:18 AM (This post was last modified: 07-02-2015, 01:43 AM by Nizoral Babe.)

#3

Sick post. I've seen those devices but never tried them. I've always done standing barbell holds with a thick bar.

Pyramid supersetting as such;

Warm up stand alone bar (squeezing hard) 30 seconds  
Warm up 40% for 10 seconds  
Warm up 60% for 15 seconds

-----  
Work set 80% until failure  
Work set 90% until failure  
Work set 100% until failure (even if it's only 3 seconds)

-----  
Drop set 90% until failure  
Drop set 80% until failure  
Drop set 70% until failure  
Repeat until 30% and then finished

Do this with an overhand grip and then repeat with an underhand grip. Go as WIDE as you can, comfortably.

The next exercise I do is very similar but with dumbbells. This bothers some people's wrists, so I recommend going light. Basically you want to take an underhand grip, raise your arms in front of you and off to the sides. I always tell people to think you're going Super Saiyan because that's exactly what it looks like and you will feel like it too!

Same routine as above but do NOT go above 60%. Don't ego lift this and go heavy - it's a resistance exercise. Resist gravity for as long as possible, you'll feel your entire body working during these exercises.



Currently my wrists are at 7" at the base of the palm, 7.5" an inch below that and just under 13" forearms.



German--Irish--Mexican Aesthetics Crew

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"I believe in me, I believe in you - and I believe that we are not meaningless."

"We are nothing without brotherhood. And brotherhood is nothing without your brothers."

Find

Reply



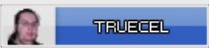
sub8 life   
Member



06-30-2015, 12:01 PM

#4

You don't need any fancy equipment to train grip, just regular static holds with a barbell in the gym is enough. I have those hand grippers, they are effective but I can't use them because I start getting carpal tunnel after using them for a while. When I train the grip I train it statically without range of motion, this puts less stress on the joints.

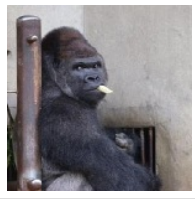


TRUECEL

Posts: 180  
Threads: 29  
Joined: Jun 2015  
Reputation: 0

Find

Reply



Machiavellian

Senior Member



Posts: 671  
Threads: 52  
Joined: Jun 2015  
Reputation: 240  
Tinder Matches: 40  
Dates: 5  
Kisses: 50  
Slay Count: 3

Find

06-30-2015, 09:47 PM

#5

sub8 life Wrote: →

(06-30-2015, 12:01 PM)

You don't need any fancy equipment to train grip, just regular static holds with a barbell in the gym is enough. I have those hand grippers, they are effective but I can't use them because I start getting carpal tunnel after using them for a while. When I train the grip I train it statically without range of motion, this puts less stress on the joints.

The grips make a viable option to do anywhere, and it is particularly useful for making the ring and pinky fingers stronger to spread your grip strength through the entire hand, this pays off on the wrist rotation later

Reply



JustLOL

Colez Biker Gang



Posts: 342  
Threads: 71  
Joined: Jun 2015  
Reputation: 130

Find

07-01-2015, 03:46 AM

#6

@Nerzhus did you actually increased your wrist size from lifting?



Reply



Nizoral Babe

Colez Biker Gang



Posts: 891  
Threads: 24  
Joined: Jun 2015  
Reputation: 55

Find

07-02-2015, 01:52 AM (This post was last modified: 07-02-2015, 01:52 AM by Nizoral Babe.)

#7

JustLOL Wrote: →

(07-01-2015, 03:46 AM)

@Nerzhus did you actually increased your wrist size from lifting?

I did. I used to have small forearms, like 11.5" or less before I started lifting. I only did heavy deadlifts, heavy rows, heavy shrugs and dumbbell work (lawn mowers, curls, etc). But the holds are legit the best way to grow forearms, imo.



German--Irish--Mexican Aesthetics Crew

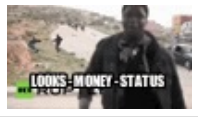
"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."


"I believe in me, I believe in you - and I believe that we are not meaningless."

"We are nothing without brotherhood. And brotherhood is nothing without your brothers."

Find

Reply



**heilsa**   
Mega Super Poster



Posts: 3,008  
Threads: 98  
Joined: Jun 2015  
Reputation: **20**

07-02-2015, 05:32 PM

#8

Op what is your opinion on wrist rollers?



**Quote:**

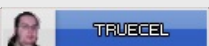
This is the story of a man who falls from a 50-storey apartment block. As he falls, he repeats over and over to reassure himself: "So far so good, so far so good, so far so good." But it's not the fall that's important - it's the landing.



Find

Reply

**sub0**   
Member



Posts: 71  
Threads: 12  
Joined: Jul 2015  
Reputation: **0**

07-02-2015, 10:49 PM

#9

What about that story that wrists are just ligament and bone and can't be made bigger like muscle or fat?

Find

Reply



07-03-2015, 01:02 AM

#10

**sub0 Wrote:** →

(07-02-2015, 10:49 PM)

What about that story that wrists are just ligament and bone and can't be made bigger like muscle or fat?

Machiavellian 

Senior Member



Posts: 671  
Threads: 52  
Joined: Jun 2015  
Reputation: **240**  
Tinder Matches: 40  
Dates: 5  
Kisses: 50  
Slay Count: 3

The epiphysis (end of long bone) of the forearms is largely what determines wrist size (check ulna and radius in the above pic). Tendons and ligaments connect to these and the tension might promote the bones to grow thicker but I wouldn't expect that 17 y/o to gain an inch in wrist thickness from just the heavy grips. There is more evidence that heavy bench pressing promotes thick wrist, but this might only be promising while still growing. Look at this bodybuilder for example, forearm shape indicates he he doesn't even try working his forearms besides needed grip for his compound lifts, or just has shitty forearm muscle insertions and thin wrist.



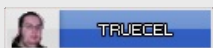
He could probably fill that area below the wrist that's thin looking by using the extra thick bar or fat gripz while benching and doing some wrist rotation which as I said in the OP, no bodybuilder seems to ever do this rotation

 Find

 Reply

sub0 

Member



Posts: 71  
Threads: 12  
Joined: Jul 2015  
Reputation: **0**

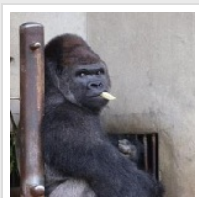
07-03-2015, 03:33 PM

#11

I'm 30, exactly where would I have gains using your exercises? What if roids are used?

 Find

 Reply



07-04-2015, 06:26 AM

#12

sub0 Wrote: →

(07-03-2015, 03:33 PM)

I'm 30, exactly where would I have gains using your exercises? What if roids are used?

**Machiavellian**

Senior Member



Posts: 671  
Threads: 52  
Joined: Jun 2015  
Reputation: **240**  
Tinder Matches: 40  
Dates: 5  
Kisses: 50  
Slay Count: 3

I'm not about to claim that these added to your workout will make your wrist its self thicker, but you will finally fill that area I was mentioning which will make a difference in your forearm look.



The two arrows are marking the wrist I mentioned before, take the area of that wrist going to the red line and thicken that entire space, that is what benching with Fat Gripz and incorporating wrist rotation will improve for sure.

If you want to cycle than Deca will be very good since it helps joints a lot and may get you through more workouts without wrist pains you would otherwise need to slow down for. Test and Deca are both documented for bone mass as well.

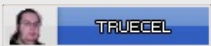
I still suggest working grip strength, tight grip will tighten your wrist to stabilize the area during the rotation. When straight bar reverse curls is hurting my wrist it is a reminder to squeeze the fuck out of the bar even if it isn't needed. Weights I couldn't even touch before I can handle no problem now cause I listened to my wrist while getting them stronger. Even with all that my wrist its self is still not wider. Only thing to do now is run a 12 week test and deca cycle eventually. Either I finally get the wrist thicker or I get the muscles right below it really jacked. The muscles alone WILL make a difference. Think of it as neck putting a halo on your face.

Find

Reply

**sub0**

Member



Posts: 71  
Threads: 12  
Joined: Jul 2015  
Reputation: **0**

07-04-2015, 04:22 PM

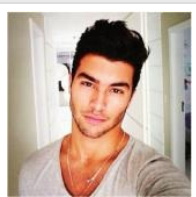
#13

Thanks. What if I stop training after getting gains: will I lose muscle?



Find

Reply



**Nizoral Babe**

Colez Biker Gang



Posts: 891  
Threads: 24

07-04-2015, 04:36 PM

#14

**Machiavellian Wrote:** →

(07-03-2015, 01:02 AM)

**sub0 Wrote:** →

(07-02-2015, 10:49 PM)

What about that story that wrists are just ligament and bone and can't be made bigger like muscle or fat?

The epiphysis (end of long bone) of the forearms is largely what determines wrist size (check ulna and



radius in the above pic). Tendons and ligaments connect to these and the tension might promote the bones to grow thicker but I wouldn't expect that 17 y/o to gain an inch in wrist thickness from just the heavy grips. There is more evidence that heavy bench pressing promotes thick wrist, but this might only be promising while still growing. Look at this bodybuilder for example, forearm shape indicates he he doesn't even try working his forearms besides needed grip for his compound lifts, or just has shitty forearm muscle insertions and thin wrist.



He could probably fill that area below the wrist that's thin looking by using the extra thick bar or fat gripz while benching and doing some wrist rotation which as I said in the OP, no bodybuilder seems to ever do this rotation

That's because they want to give the illusion of size. Small wrists, yet developed forearms, biceps and triceps is universally attractive because of the illusion of size. 17" arms look impressive when considering 6.5" wrists. If you have 7.5"+ wrists it's not AS impressive looking but still good. It's the same as small waist and wide shoulders.

Bodybuilding is essentially who can use the best smoke and mirrors to look good.



German--Irish--Mexican Aesthetics Crew

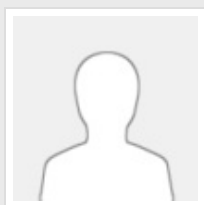
"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"I believe in me, I believe in you - and I believe that we are not meaningless."

"We are nothing without brotherhood. And brotherhood is nothing without your brothers."

Find

Reply



**driftwood** Member



Posts: 159  
Threads: 24  
Joined: Jul 2015  
Reputation: **50**

Find

07-07-2015, 10:57 PM

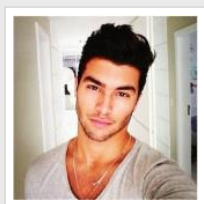
#15

This is a little silly.

Pick up 2 65-80 pound dumbbells in each hand and simply hold them.

Trains the neck and forearms and shoulders

Reply



**Nizoral Babe** Colez Biker Gang



Posts: 891  
Threads: 24  
Joined: Jun 2015  
Reputation: **55**

Find

07-07-2015, 11:12 PM

#16

**driftwood Wrote:** →

(07-07-2015, 10:57 PM)

This is a little silly.

Pick up 2 65-80 pound dumbbells in each hand and simply hold them.

Trains the neck and forearms and shoulders

Basically what I said, lol. TRUTH!



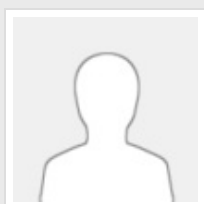
German--Irish--Mexican Aesthetics Crew

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"I believe in me, I believe in you - and I believe that we are not meaningless."

"We are nothing without brotherhood. And brotherhood is nothing without your brothers."

Reply



**Chris Hemsworth** Senior Member



Posts: 314  
Threads: 40  
Joined: Jul 2015

07-18-2015, 12:09 PM

#17

Legit. This workout routine+steroids and wrist fat grafting=LIFE.

Reputation: 0

Find

Reply



**furio** Member



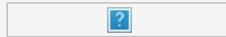
Posts: 144  
Threads: 35  
Joined: Jul 2015  
Reputation: 0

Find

07-26-2015, 02:55 AM

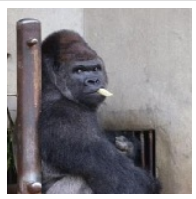
#18

What about barbell forearm curls?



she had never seen eyes so full of anger  
*I think we're compatible, I see that you think I'm wrong  
But anytime will do, my love*

Reply



**Machiavellian** Senior Member



Posts: 671  
Threads: 52  
Joined: Jun 2015  
Reputation: 240  
Tinder Matches: 40  
Dates: 5  
Kisses: 50  
Slay Count: 3

Find

07-26-2015, 06:22 AM

#19

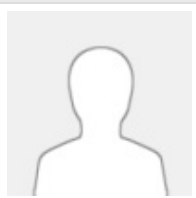
**furio Wrote:** →

(07-26-2015, 02:55 AM)

What about barbell forearm curls?

It's pretty basic, feel free to do them. I mainly made the thread to emphasize 2. and 3. which a lot of people don't, with 1. showing grippers as a convenient way for grip strength.

Reply



**Lookhere** Newbie

Posts: 3  
Threads: 0  
Joined: Sep 2015  
Reputation: 0

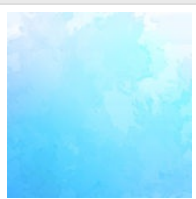
Find

09-07-2015, 10:18 PM

#20

Can't you do number 3 with a sledge hammer and like a towel wrapped around it to thicken up the grip? Like this <https://www.youtube.com/watch?v=vlCanQ5Fn70>

Reply



**Trunks** Senior Member



Posts: 953  
Threads: 60  
Joined: Sep 2015  
Reputation: 426

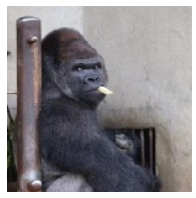
09-11-2015, 10:00 PM

#21

I have a nsd powerball that I use because I spend too much time on the pc, but this ball can build some muscle  
I also do chin ups and deadlift with reverse grip for the forearms

Find

Reply



**Machiavellian**

Senior Member



Posts: 671  
Threads: 52  
Joined: Jun 2015  
Reputation: **240**  
Tinder Matches: 40  
Dates: 5  
Kisses: 50  
Slay Count: 3

09-13-2015, 07:15 AM

#22

**Lookhere Wrote:** →

(09-07-2015, 10:18 PM)

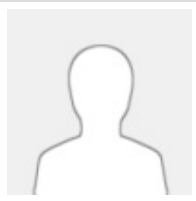
Can't you do number 3 with a sledge hammer and like a towel wrapped around it to thicken up the grip?  
Like this <https://www.youtube.com/watch?v=vICanQ5Fn70>

It's an option I forgot about. I found the kettlebell one to be pretty good but is not the most all around efficient option. The sledge hammer one would be more practical for most people to do. Problem is I feel like it may be arthritis prone in the way how gripping it is uneven within the palm. The kettlebell method lets you brace or the entire motion and relieve this pressure you feel as the handle is pushing against the palm on one end while pulling away on the other.

I also found that holding a trash bag in a similar way works well since the material is able to bold over the side of your hand. Been thinking of rigging a rope with weights and rotating that for the wider grip but a thick enough rope to be ideal will be to thick to fully fold over. I just need to take the plunge and order a rope. I am thinking one with the right thickness to put a fat grip over which I would secure with gorilla glue and a nub at the end much like those cable pulley ropes. Those roles with the nubs already on would be ideal for the fat grips idea.

Find

Reply



**monkeyd**

Newbie

Posts: 15  
Threads: 1  
Joined: Oct 2015  
Reputation: **0**

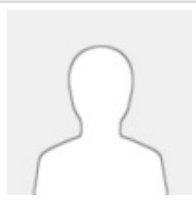
11-05-2015, 07:50 PM

#23

So its been a couple of months since you posted this OP? What are your results? Is it legit?

Find

Reply



**Satanas**

Member



Posts: 89  
Threads: 19  
Joined: Sep 2015  
Reputation: **50**

11-08-2015, 12:18 AM

#24

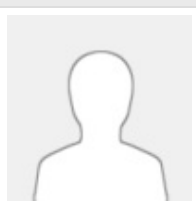
not sure if srs

those grippers wont help at all, and is a nice way to fuck up your hand, get tendoonitis

very similar to the guitar machine exercises, nothing but bullshit and it wont translate to guitar

Find

Reply



**monkeyd**

Newbie

Posts: 15  
Threads: 1  
Joined: Oct 2015

11-08-2015, 01:32 PM

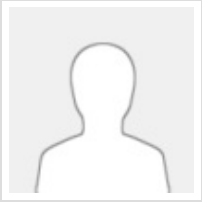
#25

I play guitar and you are true with that, but I think grippers actually prevent tendonitis.

Reputation: 0

Find

Reply



**Cobrah**  
Newbie

Posts: 5  
Threads: 3  
Joined: Nov 2015  
Reputation: 0

12-02-2015, 09:45 AM

#26

I think there's not enough potential to really thicken the wrist (not the forearms) and guys like these are almost a proof for that:



He clearly juices, which makes EVERY muscle grow beyond its natural potential.

Find

Reply



**Pazmatic**  
Senior Member



Posts: 251  
Threads: 35  
Joined: Mar 2016  
Reputation: 65  
Tinder Matches: 500  
Kisses: 100+  
Slay Count: 8

04-12-2016, 08:53 PM

#27

Just do your casual gymwork like deadlifts and backday without straps, your forearms will get huge by that and that only.

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04-12-2016, 10:33 PM

#28

I wish I could give you 6 million rep

**Tall Dark and Handsome**

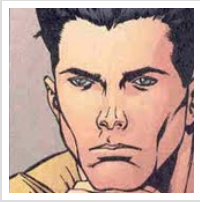
Senior Member



Posts: 899  
Threads: 67  
Joined: Jan 2016  
Reputation: **476**

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**Kraken**

Colez Biker Gang



Posts: 1,032  
Threads: 77  
Joined: Mar 2016  
Reputation: **832**  
Tinder Matches: Zero  
Dates: Zero  
Kisses: Zero  
Slay Count: Virgin  
Relationships: Zero

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04-13-2016, 12:49 AM (This post was last modified: 04-13-2016, 12:49 AM by Kraken.)

#29

I used to have the heavy grip device. In 9th grade I used to sit in Mathematics class and squeeze those in my pocket throughout the entire class -- it wasn't until a year later that I actually thought about what it might of looked like I was doing.

True story too.



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