Grip Strength Exercises and Materials

Dumbbell/Band Exercises. Repeat 12 times per set, 3 sets daily.

1. Forearm Curls.
   With palm up, weight in hand, bend wrist up. Return slowly.

2. Reverse Curls
   With palm down, weight in hand, bend wrist up. Return slowly.

3. Radial Deviation.
   With thumb up, weight in hand, bend wrist up. Return slowly.

4. Ulnar Deviation.
   With thumb down and weight in hand, bend wrist up. Return slowly.

"Handgrip strength is significantly associated with shooting accuracy."

The Effects of Grip Strength and Firearm Discharge
By: Donald Rodd, Ph.D., University of Evansville

Materials

Handmaster

Thenar Gloves
Available on 4 week loan
from athletic trainer

Thera-Band Hand Xtrainer

Other Methods to Improve Shooting Grip

1. Hold dumbbell at arm's length until one gets tired. Start with 5 lbs and work up. Hold for a max of 3 minutes – 3 repetitions.
2. Open hand - fingers spread apart, palm facing the floor. Close palm into a fist, open hand again, repeat, and do as quickly as possible. Do 100 repetitions.
3. Wrist rolls with dowel and weight, grip machines in gyms.
4. Wet towel: Wring out a thick wet towel until hands and forearms are fatigued (burning sensation) (NSWPD, Au)
5. Towel hangs: Throw a towel over something that will hold body weight from which one can hang, i.e. monkey bars, chin up racks, a strong tree branch, etc. Grip the towel; lift feet off the ground for as long as one can. Rest a couple of minutes and repeat another 2 times. This exercise may be done without the towel; however the towel challenges the grip. (NSWPD, Au)

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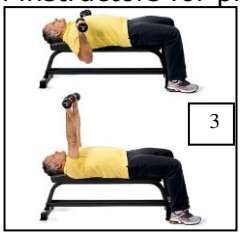
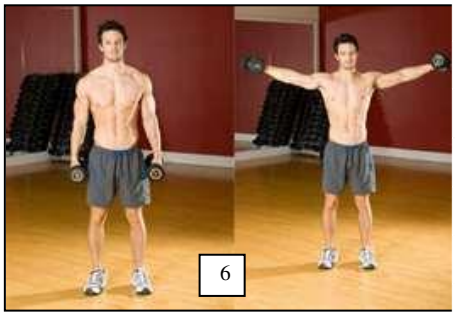
Improve Shoulder Girdle Strength for Shotgun

Perform each exercise 3 sets of 10 repetitions every other day. Check with instructors for proper form.

1. Plank
2. Seated Rows
3. Dumbbell Press
4. Shoulder Shrugs
5. Dumbbell Hold
6. Lat Raises





Photos: BHazelwood, Bell, I
NCB, ATC
Athletic Trainer. FCPD