



Developing the Grip and Forearm

By Thomas Inch

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 32 pages. Dimensions: 7.8in. x 5.1in. x 0.3in. Let the strong man remember that a chain is as strong as its weakest link. . . . Often I have been very surprised to find that weight lifters with world-famed names have been possessed of very ordinary grip power. I imagine it was the realization of this which led me, even in my very early days, to deliberately develop my gripping power, feeling I would more or less have the field to myself if I could gain a huge forearm with gripping power in proportion. And it may be encouraging to the beginner who happens to have a light skeleton, i. e. small wrists and hands, etc. , to know that whatever success I achieved was in the face of never exceeding a seven-inch wrist. For years I stayed around the 140 lb. mark, having light legs and bones on the small side. But eventually I worked up to being a real heavyweight (210 lbs.) with a 50-inch chest, 17 neck, 19 biceps, 15 inch forearm (measured with a STRAIGHT ARM, not a bent arm this...

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