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HOW TO GET BIG FOREARMS



Training forearms help you build grip strength, which is important for major pulling movements such as rows and deadlifts.

Building big, strong forearms is fairly straightforward.

- ✓ Do a lot of heavy pushing, pulling, and curling.
- ✓ Do a handful of additional forearm exercises as needed.

THE BEST FOREARM EXERCISES

Given the function of the forearm muscles, the exercises that train them best are the exercises generally used to increase grip strength.

01. The Gripmaster

The gripmaster is a perfect beginner tool to start **training your crush grip**. It comes in several tension levels (I started with medium and worked my way up to black) and I also like that it allows you to train each finger independently. This is great for strengthening the weaker links in your grip like the pinky and ring fingers.

02. Barbell Holds

Barbell holds are a brutally simple workout to add to the **end of your workout routine**. Hold the barbell for about 10 to 20 seconds per set. Once you reach the 20-second mark, raise the weight by 10 pounds. Work with that weight until you can hold it for 20 seconds, raise, and so forth.

04. Plate Pinch

The plate pinch is another simple forearm exercise that only requires a couple weight plates. Start with two 10 pound weights and, like the barbell hold, go for a hold time of 10 to 20 seconds per set, and once you hit 20, add weight to the pinch.

The most common way to do add weight isn't to jump up to a 25 pound plate, though—it's adding another 10 pound plate to the pinch (for a total of 30 pounds).

You can stack 10 pound plates like this until you run out of hand room and then move on to heavier plates.

05. Oversized Grips

Using oversized grips is a great way to incorporate **thick bar training** into your routine. They're popular because you don't have to add or change anything about your workout training—you simply snap the rubber grips onto the barbell or dumbbells and you're ready to go.

06. Farmer Walk

Grab dumbbells in each hand and try to walk 30 to 40 feet per set. Keep your head neutral, shoulders back, and keep the weights by your sides. If you want to make the movement more difficult you can **add weight or increase distance**.

THE BOTTOM LINE

In many ways, forearm training is like [ab training](#).

If you follow a [sensible weightlifting routine](#) and have good genetics, you may never need it.

If, however, you're struggling to gain size in your forearms and your grip strength is lacking, this article can help.

Like abs, you don't need to get fancy to build your forearms. You just need to get stronger in the handful of simple exercises outlined above.

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