

# GRIP TRAINING

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)



**arrow - into - table top - into - straight fist - into - claw - into - fist**  
repeat 10 times in total



**60sec** clench / unclench



**60sec** dumbbell hold #1



**60sec** dumbbell hold #2

optional  
but recommended

**20 seconds** deadhang  
**3 sets** | 60 seconds rest

