

How to add Forearms to your routine

by trainer winny

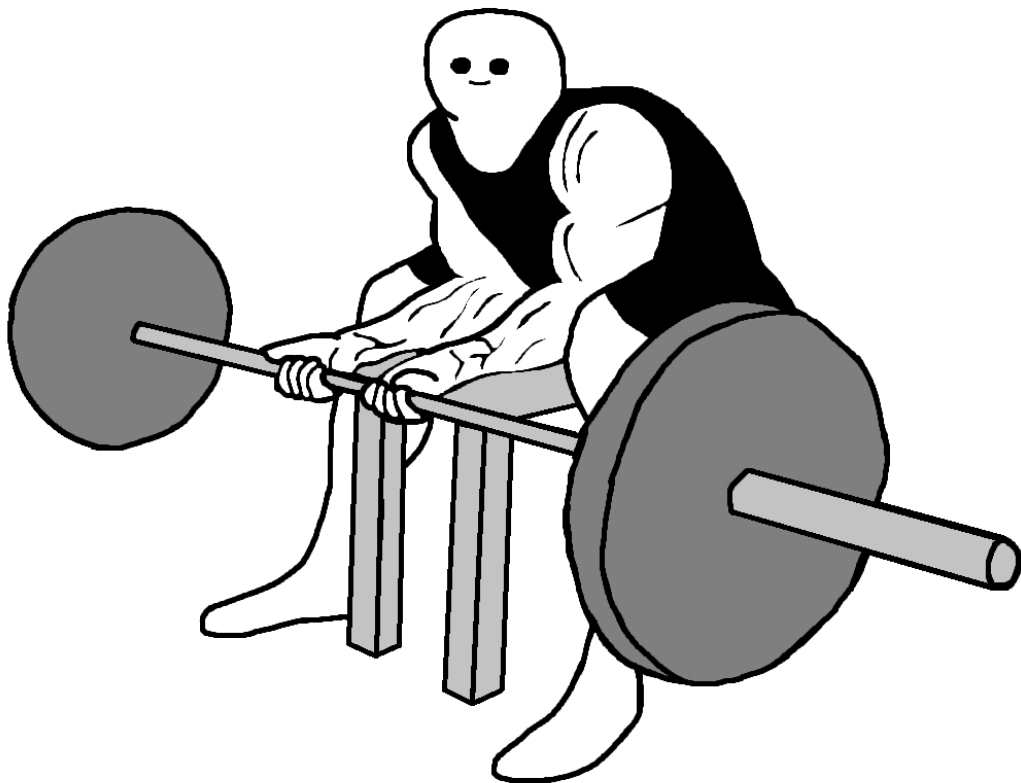
There are **3 methods** that i recommend.

Wrist curls

You can add **3 sets** of **wrist curls** at the end of each workout, in the **8-12** rep range.

I like doing this with the barbell, but you can also use dumbbells.

But keep in mind, that if you add both abs and wrist curls at the end of every workout, it might take a little bit longer!

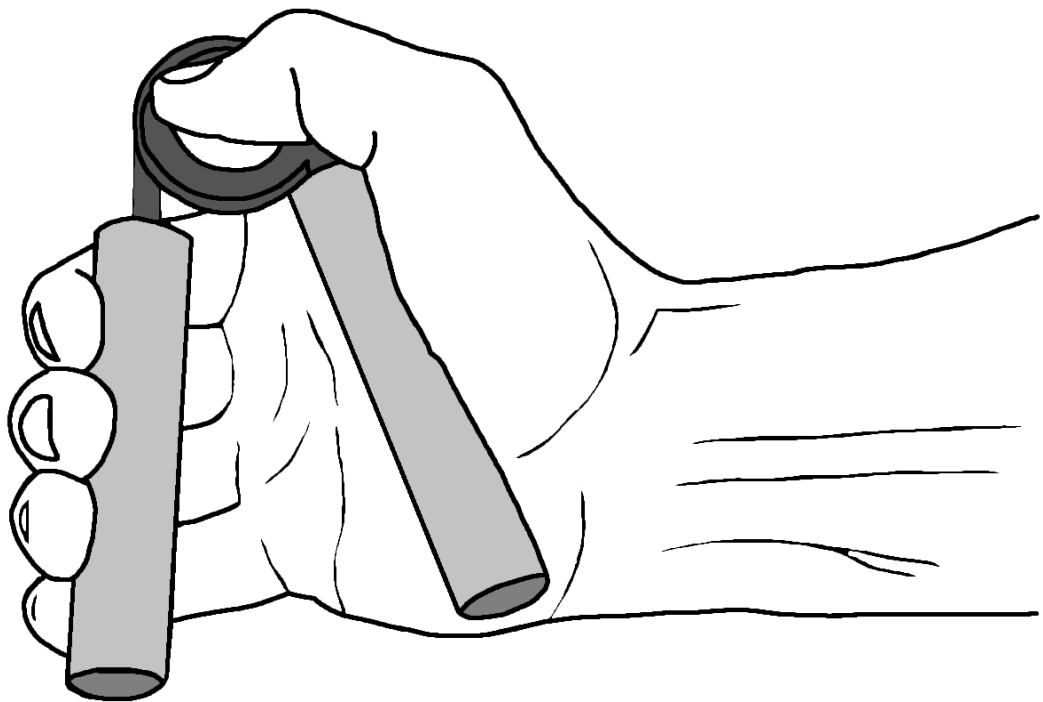


Grippers

If you have access to grippers, you can do them instead of wrist curls, or you can do **both** wrist curls and grippers if you **really care** about forearms.

In the best case scenario, you own a pair of grippers yourself, and you can just do them at home, whenever you find it convenient.

Just keep in mind, that **you should not do them before your workout**, as it might negatively impact your workout.



Rice bucket training

Rice bucket training is hands down the best forearm and hands builder.

And the craziest thing about it, is that almost nobody knows about it..

Trust me when i say, this is really going to blow-up your forearms and hand muscles.

All you need is a bucket and like 10lbs of rice. Then you can do it at the comfort of your home!

If you want to try it out, i recommend this follow-along routine:

<https://www.youtube.com/watch?v=iVum3vWlh4Q>

You might get very sore when trying it out for the first time, so always wait until you are not sore anymore, and then you can go again! Eventually you might be able to do this everyday.

And as with all methods mentioned here, you obviously do not want to do it right before your workout.



And that is pretty much **all you need to know**, simple and straight to the point!