



# 4-Week Spinto Grip Training Plan

Build Unshakable Grip Strength – One Week at a Time

## Introduction

Grip strength isn't just for deadlifts. A stronger grip boosts your pull-ups, rows, and everyday carry strength. This 4-week plan is designed to train your crush, support, and pinch grip with progressive intensity. You'll only need 2–3 sessions per week and minimal equipment: dumbbells, a towel, and a pull-up bar.

Each week includes a blend of static holds, dynamic movements, and active recovery to maximize endurance and power.

## Weekly Structure

- Frequency: 3 grip-focused sessions per week
- Rest Days: At least 1 day between grip sessions
- Tools: Dumbbells/kettlebells, towel, bar, rice bucket (optional)

### ◆ Week 1: Foundation Phase

*Goal: Wake up your grip muscles and build endurance.*

- Farmer Carries (3 sets x 30 seconds) – Walk with heavy dumbbells, maintain posture.
- Dead Hangs (3 sets x 20 seconds) – Passive hang from pull-up bar.
- Plate Pinch Holds (2 sets x 20 seconds) – Pinch two weight plates together.
- Towel Squeeze (2 sets x 30 seconds) – Roll towel and squeeze tight.
- Finger Extensions (3 sets of 15) – Use a rubber band or extension tool.

### ◆ Week 2: Tension & Time Under Load

*Goal: Increase your grip's time under tension.*

- Farmer Carries (4 sets x 40 seconds)
- Dead Hangs (3 sets x 30 seconds)
- Wrist Curls (3 sets x 12 reps) – Focus on slow, controlled movement.
- Towel Pull-Ups (3 sets to failure) – Loop towel over pull-up bar and pull.
- Rice Bucket Grip Twist (3 sets x 30 seconds) – Submerge hand and twist.

### ◆ Week 3: Volume & Challenge

*Goal: Build grip strength and durability.*

- Offset Carries (3 sets x 30 seconds each side) – One dumbbell heavier than the other.
- Thick Bar Holds (3 sets x 20 seconds) – Use Fat Gripz or towel-wrapped bar.

- Hammer Curls (3 sets x 10 reps) – Emphasizes forearms.
- Dead Hangs (4 sets x 30 seconds)
- Plate Pinches (3 sets x 25 seconds)

## ◆ Week 4: Max Strength & Performance

*Goal: Test and push your limits with tougher variations.*

- Suitcase Carries (4 sets x 40 seconds each side) – One heavy dumbbell, walk upright.
- Weighted Hangs (3 sets x 20 seconds) – Add weight via belt or backpack.
- Reverse Wrist Curls (3 sets x 15 reps) – Targets extensors.
- Towel Hangs (3 sets to failure)
- Isometric Bar Hold (3 sets x max time) – Pull halfway up and hold on bar.

## ✓ Pro Tips

- Always warm up wrists and forearms.
- Log your time/reps each session to track gains.
- Pair grip days with upper body training for synergy.
- Don't overtrain – recovery is crucial to growth!

## ← END Final Thoughts

By the end of Week 4, you'll feel a real difference—stronger lifts, better control, and a handshake that means business. Want to keep progressing? Combine this plan with compound lifts like deadlifts and rows. Grip strength is built—not gifted.